



Red Willow
COUNSELING & RECOVERY

The Satisfaction with Life Scale

Below are five statements that you may agree or disagree with. Using the 1 – 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 7 – Strongly agree
- 6 – Agree
- 5 – Slightly agree
- 4 – Neither agree nor disagree
- 3 – Slightly disagree
- 2 – Disagree
- 1 – Strongly disagree

- ___ In most ways my life is close to my ideal.
___ The conditions of my life are excellent.
___ I am satisfied with my life.
___ So far I have gotten the important things I want in life.
___ If I could live my life over, I would change almost nothing.

Scoring

- 31 – 35 - Extremely satisfied
- 26 – 30 - Satisfied
- 21 – 25 - Slightly satisfied
- 20 - Neutral
- 15 – 19 - Slightly dissatisfied
- 10 – 14 - Dissatisfied
- 5 – 9 - Extremely dissatisfied

Source: Ed Diener, Robert A. Emmons, Randy J. Larsen, and Sharon Griffen, 1985.