

## Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985)

### Instructions:

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 in the box to the right of the statement. 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

- |   |                          |
|---|--------------------------|
| 1. In most ways, my life is close to ideal.                     | <input type="checkbox"/> |
| 2. The conditions of my life are excellent.                     | <input type="checkbox"/> |
| 3. I am satisfied with my life.                                 | <input type="checkbox"/> |
| 4. So far, I have gotten the important things I want in life.   | <input type="checkbox"/> |
| 5. If I could live my life over, I would change almost nothing. | <input type="checkbox"/> |

### 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

### References

- Diener, E., Emmons, R.A., Larsen, R.J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment, 49*, 1-5.
- Pavrot, W., & Diener, E. (1993). Review of the Satisfaction with Life Scale. *Psychological Assessment, 5*, 164-172.