

## Oxford Happiness Questionnaire

Below are a number of statements about happiness. Please indicate how much you agree or disagree with each by entering a number in the blank after each statement, according to the following scale.

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = slightly disagree
- 4 = slightly agree
- 5 = moderately agree
- 6 = strongly agree

Please read the statements carefully. Some of the questions are phrased positively and others negatively. Don't take too long over individual questions; there are no "right" or "wrong" answers, and no trick questions. The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general, or at least most of the time.

### The Questionnaire

1. I don't feel particularly pleased with the way I am. (R) \_\_\_\_
2. I am intensely interested in other people. \_\_\_\_
3. I feel that life is very rewarding. \_\_\_\_
4. I have very warm feelings toward almost everyone. \_\_\_\_
5. I rarely wake up feeling rested. (R) \_\_\_\_
6. I am not particularly optimistic about the future. (R) \_\_\_\_
7. I find most things amusing. \_\_\_\_
8. I am always committed and involved. \_\_\_\_
9. Life is good. \_\_\_\_
10. I do not think the world is in a good place. (R) \_\_\_\_

## Happiness: The 40% Solution

11. I laugh a lot. \_\_\_\_
12. I am well satisfied about everything in my life. \_\_\_\_
13. I don't think I look attractive. (R) \_\_\_\_
14. There is a gap between what I would like to do and what I have done. (R) \_\_\_\_
15. I am very happy. \_\_\_\_
16. I find beauty in some things. \_\_\_\_
17. I always have a cheerful effect on others. \_\_\_\_
18. I can fit in (find some time for) everything I want to do. \_\_\_\_
19. I feel that I am not especially in control of my life. (R) \_\_\_\_
20. I feel able to take anything on. \_\_\_\_
21. I feel fully mentally alert. \_\_\_\_
22. I often experience joy and elation. \_\_\_\_
23. I don't find it easy to make decisions. (R) \_\_\_\_
24. I don't have a particular sense of meaning and purpose in my life. (R) \_\_\_\_
25. I feel I have a great deal of energy. \_\_\_\_
26. I usually have a good influence on events. \_\_\_\_
27. I don't have fun with other people. (R) \_\_\_\_
28. I don't feel particularly healthy. (R) \_\_\_\_
29. I don't have particularly happy memories of the past. (R) \_\_\_\_

Calculate your score:

Step 1. Items marked with an (R) should be scored in reverse. There are twelve of them.

For example, if you gave yourself a 1, cross it out and change it to 6.

Change 2 to 5

Change 3 to 4

Change 4 to 3

Change 5 to 2

Change 6 to 1

Step 2. Add the numbers for all 29 questions (use the converted numbers for the 12 items that are reverse-scored).

Step 3. Divide by 29. Your happiness score equals the total (from step 2) divided by 29.

Record your happiness score: \_\_\_\_\_

### **Interpreting the Score, by Stephen Wright**

1–2: Not happy. If you answered honestly and got a very low score, you're probably seeing yourself and your situation as worse than it really is. I recommend taking the Depression Symptoms test (CES-D Questionnaire) at the University of Pennsylvania's "Authentic Happiness" Testing Center. You'll have to register, but this is beneficial because there are a lot of good tests there and you can retake them later and compare your scores.

2–3: Somewhat unhappy. This book will give you numerous tools that will help you to develop new skills and techniques. Strategies such as savouring, starting a gratitude journal, and writing a gratitude letter will all be covered in the coming pages. Or take a look at the above-mentioned "Authentic Happiness" site at the University of Pennsylvania. You can access a ton of free quizzes. University of Pennsylvania is where Martin Seligman teaches. I think you will find the information useful.

3–4: Not particularly happy or unhappy. A score of 3.5 would be an exact numerical average of happy and unhappy responses. Many of the exercises mentioned above have been tested in scientific studies and have been shown to make people lastingly happier.