

Session 2: Happiness Scale

The Happiness Scale is used as a part of the Community Reinforcement Approach (CRA). For the most recent overview of CRA, see: Meyers, R. J., Roizen, H.G., and Smith, J. E. (2011). The Community Reinforcement Approach: An Update of the Evidence. Alcohol Research & Health, 33 (4), 380-387.

This scale is intended to estimate your current happiness with your life in each of the ten areas listed below. Ask yourself the following question as you rate each area:

How happy am I with this area of my life?

You are to circle one of the numbers (1-10) beside each area.

Numbers toward the left indicate various degrees of unhappiness, while numbers toward the right reflect various levels of happiness.

In other words, state according to the numerical scale (1-10) exactly how you feel today.

Remember: Try to exclude all feelings of yesterday and concentrate only on the feelings of today in each of the life areas. Also try not to allow one category to influence the results of the other categories.

	Completely Unhappy					Completely Happy				
Drug use	1	2	3	4	5	6	7	8	9	10
Job or Education Progress	1	2	3	4	5	6	7	8	9	10
Money Management	1	2	3	4	5	6	7	8	9	10
Social Life	1	2	3	4	5	6	7	8	9	10
Personal Habits	1	2	3	4	5	6	7	8	9	10
Marriage/Family Relationships	1	2	3	4	5	6	7	8	9	10
Legal Issues	1	2	3	4	5	6	7	8	9	10
Emotional Life	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
General Happiness	1	2	3	4	5	6	7	8	9	10

Name: _____

Date: _____

(Meyers & Smith, 2000)