

Subjective Happiness Scale  
(The How of Happiness Sonya Lyubomirsky)

For each of the following statements or questions, please circle the number from the scale that you think is most appropriate in describing you. (Carefully take note of the labels, or anchors, for the 1 to 7 scales, as they differ for each item).

(1) In general I consider myself:

(not a very happy person) 1 2 3 4 5 6 7 (a very happy person)

(2) Compared with most of my peers, I consider myself:

(less happy) 1 2 3 4 5 6 7 (more happy)

(3) Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

(not at all) 1 2 3 4 5 6 7 (a great deal)

(4) Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

(a great deal) 1 2 3 4 5 6 7 (not at all)

How to Calculate Your Score:

Add up all of the numbers you circled: \_\_\_\_\_

Take your total score \_\_\_\_\_ divide the score by 4 = \_\_\_\_\_

The highest happiness score you can get is 7 and the lowest is 1. The average score runs from 4.5 to 5.5 depending on the group. College students score lower (below 5) than working adults or older adults, retired people score higher (5.6).

If your happiness score is 4 or lower or if you've been feeling unhappy for a few weeks you may be depressed.

One way to increase your score is to practice savoring! Linger in the moments of accomplishment that make you feel proud, recognition from your peers, moments of joy or feelings of being connected to others.