

Happiness Self-Inventory

This questionnaire is meant as a tool for self-examination. Read each statement and select your response from the five-point answer scale at the top of the questionnaire. Write your response in the blank space at the end of each statement. The scoring instructions can be found at the end of the questionnaire.

Strongly				Strongly
Disagree	Disagree	Undecided	Agree	Agree
1	2	3	4	5

1. Some of the happiest experiences in my life involved music. ____
2. The happiest moments in my life involved looking at artistic images. ____
3. The happiest moments in my life have been during sexual activity. ____
4. Some of the happiest experiences in my life involved food. ____
5. I am happiest when I am using drugs or alcohol. ____
6. I am happiest when I am exercising, dancing, sun bathing, or relaxing in water. ____
7. The happiest moments in my life involved solving a difficult mental problem. ____
8. Some of the happiest experiences in my life involved being admired by others. ____
9. When arguing with others it is important that people acknowledge that I am right. ____
10. I feel a responsibility to punish people when they behave badly. ____
11. I am happiest when I am with my family or friends. ____
12. Overcoming a difficult challenge makes me very happy, even if no one else

- knows about it. ____
13. The happiest moments in my life occurred while listening to music. ____
 14. I am happiest when I am looking a natural landscape. ____
 15. Some of the happiest experiences in my life involved sexual activity. ____
 16. The happiest moments of my day involve eating. ____
 17. Physically moving and challenging my body is one of my favorite things to do. ____
 18. Some of the happiest experiences in my life involved drugs or alcohol. ____
 19. The happiest moments in my life have involved learning something new. ____
 20. I am happiest when people show that they respect me. ____
 21. I often find myself trying to persuade other people to adopt my point of view. ____
 22. I believe that I live my life by a high moral standard. ____
 23. All year long, I look forward to those days that I can reunite with family and friends and spend quality time with them. ____
 24. Accomplishing a difficult goal brings me great happiness, even if no one else knows about it. ____
 25. I can easily make myself happy by listening to my favorite music. ____
 26. Some of the happiest experiences in my life involved looking at something beautiful. ____
 27. I am happiest when I am engaged in sex. ____
 28. I spend most of my day looking forward to eating. ____
 29. The happiest moments in my life involved drugs or alcohol. ____
 30. Going for a run, hike, bike ride, swim, or the gym does more to improve my mood than anything else. ____
 31. I am happiest when I am learning something that fascinates me. ____

32. I am proud of the fact that many people know who I am. ____
33. The happiest moments in my life involved winning a competition. ____
34. I believe that my way of life is superior to those of the average person. ____
35. Some of the happiest experiences in my life involved feeling connected
to family or friends. ____
36. Completing a challenging task is very satisfying, even if no one else knows about it. ____

Musical Pleasure Score: Add items 1, 13, 25, = _____

Visual Pleasure Score: Add items 2, 14, 26 = _____

Sexual Pleasure Score: Add items 3, 15, 27 = _____

Eating Pleasure Score: Add items 4, 16, 28 = _____

Intoxicant Pleasure Score: Add items 5, 18, 29 = _____

Physical Pleasure Score: Add items 6, 17, 30 = _____

Intellectual Pleasure Score: Add items 7, 19, 31 = _____

Status Happiness Score: Add items 8, 20, 32 = _____

Domination Happiness Score: Add items 9, 21, 33 = _____

Righteousness Happiness Score: Add items 10, 22, 34 = _____

Belongingness Happiness Score: Add items 11, 23, 35 = _____

Accomplishment Happiness Score: Add items 12, 24, 36 = _____