

APPENDIX : CTHE PURPOSE-IN-LIFE SCALE^{*}

For each of the following statements, circle the number that would be most nearly true for you. Note that the numbers always extend from one extreme feeling to its opposite kind of feeling. "Neutral" implies no judgement either way. Try to use this rating as little as possible

1. I am usually :

1	2	3	4	5	6	7
Completely bored			(Neutral)			exuberant enthusiastic

2. Life to me seems:

7	6	5	4	3	2	1
always exciting			(Neutral)		completely	routine

3. In life I have:

1	2	3	4	5	6	7
no goals or aims at all			(Neutral)		very clear goals and aims.	

4. My personal existence is:

1	2	3	4	5	6	7
utterly meaningless, without purpose.			(Neutral)		Very purposeful and meaningful.	

5. Every day is:

7	6	5	4	3	2	1
constantly new and different			(Neutral)		exactly the same	

6. If I could choose, I would:

1	2	3	4	5	6	7
prefer never to have been born			(Neutral)		like nine more lives just like this one.	

^{*}Crumbaugh, J. Cross-validation of Purpose-in-Life Test based on Frankl's Concepts. Journal of Individual Psychology, 1968, 24, 74-81.

7. After retiring, I would:

7	6	5	4	3	2	1	
do some of the exciting things I have always wanted				(Neutral)	loaf completely the rest of my life		

8. In achieving life goals I have:

1	2	3	4	5	6	7	
made no progress whatever				(Neutral)	progressed to complete fulfillment		

9. My life is

1	2	3	4	5	6	7	
empty, filled only with despair				(Neutral)	running over with exciting good things.		

10. If I should die today, I would feel that my life has been:

7	6	5	4	3	2	1	
Very worthwhile				(Neutral)	completely worthless		

11. In thinking of my life, I:

1	2	3	4	5	6	7	
often wonder why I exist				(Neutral)	always see a reason for being here		

12. As I view the world in relation to my life, the world:

1	2	3	4	5	6	7	
completely confuses me				(Neutral)	fits meaningfully with my life.		

13. I am a :

1	2	3	4	5	6	7	
very irresponsible person				(Neutral)	very responsible person.		

14. Concerning man's freedom to make his own choices, I believe man is:

7	6	5	4	3	2	1	
absolutely free to make all life choices				(Neutral)	completely bound by limitations of heredity and environment		

15. With regard to death, I am:

7	6	5	4	3	2	1
prepared and	unafraid		(Neutral)		unprepared and	frightened

16. With regard to suicide, I have

1	2	3	4	5	6	7
thought of it seriou-	sly as a way out		(Neutral)		never given it a	second thought

17. I regard my ability to find a meaning, purpose, or mission in life as:

7	6	5	4	3	2	1
very great			(Neutral)		practically none	

18. My life is :

7	6	5	4	3	2	1
in my hands and I am	in control of it		(Neutral)		out of my hands and	controlled by exter-
					nal factors.	

19. Facing my daily tasks is:

7	6	5	4	3	2	1
a source of pleasure and	satisfaction		(Neutral)		a painful and	boring experience.

20. I have discovered :

1	2	3	4	5	6	7
no mission or purpose in	life		(Neutral)		clear-cut goals and	satisfying life
					purpose.	
