

## MSLSS

We would like to know what thoughts about life you've had during the past several weeks. Think about how you spend each day and night and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from **(1)** to **(6)** where **(1)** indicates you **strongly disagree** with the statement and **(6)** indicates you **strongly agree** with the statement. It is important to know what you REALLY think, so please answer the question the way you really feel, not how you think you should. This is NOT a test. There are NO right or wrong answers.

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1. My life is going well	1	2	3	4	5	6
2. My friends are nice to me	1	2	3	4	5	6
3. I am fun to be around	1	2	3	4	5	6
4. I feel bad at school	1	2	3	4	5	6
5. I have a bad time with my friends	1	2	3	4	5	6
6. There are lots of things I can do well	1	2	3	4	5	6
7. I learn a lot at school	1	2	3	4	5	6
8. I like spending time with my parents	1	2	3	4	5	6
9. My life is just right	1	2	3	4	5	6
10. My family is better than most	1	2	3	4	5	6
11. There are many things about school I don't like	1	2	3	4	5	6
12. I think I am good looking	1	2	3	4	5	6
13. My friends are great	1	2	3	4	5	6
14. My friends will help me if I need it	1	2	3	4	5	6
15. I wish I didn't have to go to school	1	2	3	4	5	6
16. I like myself	1	2	3	4	5	6
17. I would like to change many things in my life	1	2	3	4	5	6
18. There are lots of fun things to do where I live	1	2	3	4	5	6
19. My friends treat me well	1	2	3	4	5	6
20. Most people like me	1	2	3	4	5	6
21. I enjoy being at home with my family	1	2	3	4	5	6

*Continued on Next Page*

**MSLSS, cont'd**

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Slightly Disagree</b>	<b>Slightly Agree</b>	<b>Agree</b>	<b>Strongly Agree</b>
22. My family gets along well together	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
23. I look forward to going to school	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
24. My parents treat me fairly	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
25. I wish I had a different kind of life	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
26. I like being in school	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
27. My friends are mean to me	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
28. I wish I had different friends	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
29. School is interesting	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
30. I enjoy school activities	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
31. I wish I lived in a different house	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
32. Members of my family talk nicely to one another	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
33. I have a good life	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
34. I have a lot of fun with my friends	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
35. My parents and I do fun things together	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
36. I like my neighborhood	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
37. I wish I lived somewhere else	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
38. I am a nice person	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
39. This town is filled with mean people	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
40. I like to try new things	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
41. I have what I want in life	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
42. My family's house is nice	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
43. I like my neighbors	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
44. I have enough friends	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
45. I wish there were different people in my neighborhood	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
46. I like where I live	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
47. My life is better than most kids'	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

## BMSLSS

We would like to know what thoughts about life you've had during the past several weeks. Think about how you spend each day and night and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from (1) to (7) where (1) indicates you feel terrible about that area of life and (7) indicates you are delighted with that area of life.

	<b>Terrible</b>	<b>Unhappy</b>	<b>Mostly Dissatisfied</b>	<b>Mixed (About Equally Satisfied and Dissatisfied)</b>	<b>Mostly Satisfied</b>	<b>Pleased</b>	<b>Delighted</b>
1. I would describe my satisfaction with my family life as:	1	2	3	4	5	6	7
2. I would describe my satisfaction with my friendships as:	1	2	3	4	5	6	7
3. I would describe my satisfaction with my school experience as:	1	2	3	4	5	6	7
4. I would describe my satisfaction with myself as:	1	2	3	4	5	6	7
5. I would describe my satisfaction with where I live as:	1	2	3	4	5	6	7
6. I would describe my satisfaction with my overall life as:	1	2	3	4	5	6	7

## SLSS

We would like to know what thoughts about life you've had during the past several weeks. Think about how you spend each day and night and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from **(1)** to **(6)** where **(1)** indicates you **strongly disagree** with the statement and **(6)** indicates you **strongly agree** with the statement.

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1. My life is going well	1	2	3	4	5	6
2. My life is just right	1	2	3	4	5	6
3. I would like to change many things in my life	1	2	3	4	5	6
4. I wish I had a different kind of life	1	2	3	4	5	6
5. I have a good life	1	2	3	4	5	6
6. I have what I want in life	1	2	3	4	5	6
7. My life is better than most kids'	1	2	3	4	5	6

## CHS

The 6 sentences below describe how children think about themselves and how they do things in general. For each sentence, please think about how you are in most situations. Circle the number that describes you best. For example, circle **1** if it describes you "none of the time." Or, if you are this way "all of the time," circle **6**.

	None of the Time	A Little of the Time	Some of the Time	A Lot of the Time	Most of the Time	All of the Time
1. I think I am doing pretty well.	1	2	3	4	5	6
2. I can think of many ways to get the things in life that are most important to me.	1	2	3	4	5	6
3. I am doing just as well as other kids my age.	1	2	3	4	5	6
4. When I have a problem, I can come up with lots of ways to solve it.	1	2	3	4	5	6
5. I think the things I have done in the past will help me in the future.	1	2	3	4	5	6
6. Even when others want to quit, I know that I can find ways to solve the problem.	1	2	3	4	5	6

## SEQ-C

Please rate your answers to the following questions that ask how well (good) you think you can do things. Read each question, then circle a number from (1) to (5) where (1) indicates “**Not at All**” and (5) indicates “**Very Well**.”

	Not at All	Rarely	Sometimes	Fairly Well	Very Well
1. How well can you express your opinions when other classmates disagree with you?	1	2	3	4	5
2. How well do you succeed in cheering yourself up when an unpleasant event has happened?	1	2	3	4	5
3. How well can you study when there are other interesting things to do?	1	2	3	4	5
4. How well do you succeed in becoming calm again when you are very scared?	1	2	3	4	5
5. How well can you become friends with other young people?	1	2	3	4	5
6. How well can you study a chapter for a test?	1	2	3	4	5
7. How well can you have a chat with an unfamiliar person?	1	2	3	4	5
8. How well can you prevent yourself from becoming nervous?	1	2	3	4	5
9. How well do you succeed in finishing all your homework every day?	1	2	3	4	5
10. How well can you get along with your classmates while working together?	1	2	3	4	5
11. How well can you control your feelings?	1	2	3	4	5
12. How well can you pay attention during every class?	1	2	3	4	5
13. How well can you tell other young people that they are doing something that you <u>don't</u> like?	1	2	3	4	5
14. How well can you give yourself a pep talk when you feel low?	1	2	3	4	5
15. How well do you succeed in passing all school subjects?	1	2	3	4	5
16. How well can you tell a funny story to a group of young people?	1	2	3	4	5
17. How well do you succeed in satisfying your parents with your schoolwork?	1	2	3	4	5
18. How well are you able to remain friends with other young people?	1	2	3	4	5
19. How well do you succeed in holding back unpleasant thoughts?	1	2	3	4	5
20. How well do you succeed in passing a test?	1	2	3	4	5
21. How well do you succeed in <u>not</u> worrying about things that <u>might</u> happen?	1	2	3	4	5

## GQ-6

Circle a number from (1) to (7) where (1) indicates you **strongly disagree** with the statement and (7) indicates you **strongly agree** with the statement. It is important to know what you REALLY think, so please answer the question the way you really feel, not how you think you should. This is NOT a test. There are NO right or wrong answers.

	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1. I have so much in life to be thankful for.	1	2	3	4	5	6	7
2. If I had to list everything that I felt grateful for, it would be a very long list.	1	2	3	4	5	6	7
3. When I look at the world, I don't see much to be grateful for.	1	2	3	4	5	6	7
4. I am grateful to a wide variety of people.	1	2	3	4	5	6	7
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.	1	2	3	4	5	6	7
6. Long amounts of time can go by before I feel grateful to something or someone.	1	2	3	4	5	6	7