## **Subjective Happiness Scale (SHS)**

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For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

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

2. Compared to most of my peers, I consider myself:

1	2	3	4	5	6	7
less						more
happy						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?

```
1 2 3 4 5 6 7
not at a great
all 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?

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

Note: Item #4 is reverse coded.