

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			(Neutral)			exuberant
bored						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			(Neutral)		very clear goals	
at all					and aims.	

4. My personal existance is:

1	2	3	4	5	6	7
utterly meaningless,			(Neutral)		Very purposeful and	
without purpose.					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			(Neutral)		like nine more	
born					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			(Neutral)		loaf completely the	
things I have always wanted					rest of my life	

8. In achieving life goals I have:

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

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			(Neutral)		always see a	
exist					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			(Neutral)		very responsible	
person					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			(Neutral)		completely bound by	
make all life choices					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.	
