**The Life Attitudes Scale (LAS)**


Please indicate the degree which each item reflects your attitude toward life. (Note: In order to maintain the integrity of the study *all questions must be answered* in order to save your results.)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>When times get really tough, someone or something will come through for me</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>2</td>
<td>In times of crisis, I tend to consider the needs of others before I consider my own needs</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>3</td>
<td>Faith in a higher power makes it easier to endure pain</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>4</td>
<td>In times of great tragedy, the opportunity to sacrifice myself for the common good makes my pain more bearable</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>5</td>
<td>I have faith that eventually justice will prevail, even though at times it seems hopeless</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>6</td>
<td>I will pursue my life goals no matter how much they will cost me</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>7</td>
<td>There is a dark and evil side to every person</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>8</td>
<td>I believe in a higher power</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>9</td>
<td>Life is full of setbacks</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>10</td>
<td>Putting my fate in God’s hands has helped me gain peace in my life</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>11</td>
<td>Being an example to others motivates me to endure hardships</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>12</td>
<td>Living for others helps me rise above my own problems</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>13</td>
<td>It is inevitable that people will let me down</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>14</td>
<td>Even though reality is grim, I believe a miracle could happen</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>15</td>
<td>My life has purpose because I have a unique calling or mission</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>16</td>
<td>I can endure great suffering in this life because I know my reward will be great in the next life</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>17</td>
<td>We will never get rid of war, terrorism, or tragedy</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td></td>
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<td>---</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>My life is worth living no matter how many problems I have</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>19</td>
<td>My suffering decreases whenever I reach out to help others</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>20</td>
<td>I can move forward with confidence, even if most people don’t approve of my life goals</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>21</td>
<td>I want to contribute to the well-being of others in spite of my own unfortunate circumstances</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>22</td>
<td>My life is fragile, and could end at any time</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>23</td>
<td>Even when I am at the end of my rope, I still believe that God will come to my rescue</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>24</td>
<td>Even if I were stripped of everything, I still believe that my life is precious</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>25</td>
<td>In times of tragedy, I am willing to sacrifice my own safety for the safety of others</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>26</td>
<td>Life has intrinsic value, regardless of circumstances</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>27</td>
<td>Life is worth living no matter how difficult or painful it is</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>28</td>
<td>I’d rather die fighting for something I believe in than play safe</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>29</td>
<td>Even though this life is very painful, I believe there is a better life beyond this one</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>30</td>
<td>I am willing to face horrible consequences in order to do what is right</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>31</td>
<td>I have been put on this earth for a reason</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>32</td>
<td>I find satisfaction in helping others, even in the midst of my own suffering</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
</tbody>
</table>

Note: The Life attitudes scale is called *Life Attitude Scale* during administration.
Scoring:

4 = Strongly Agree
3 = Agree
2 = Disagree
1 = Strongly Disagree

Note: Global LAS score is calculated by adding all responses. Subscale scores are calculated by adding responses to items corresponding to the subscales.

<table>
<thead>
<tr>
<th>Elements (Subscales):</th>
<th>Items:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affirmation of meaning and value:</td>
<td>18 24 26 27</td>
</tr>
<tr>
<td>Acceptance:</td>
<td>7 9 13 17 22</td>
</tr>
<tr>
<td>Courage:</td>
<td>6 20 28 30</td>
</tr>
<tr>
<td>Faith:</td>
<td>1 3 5 8 10 14 15 16 23 29 31</td>
</tr>
<tr>
<td>Self-transcendence:</td>
<td>2 4 11 12 19 21 25 32</td>
</tr>
</tbody>
</table>
The Life attitudes scale –Survey Results

Survey Results:

**Life Attitudes Scale**

Element A: Affirmation of meaning and value of life

Definition: The affirmation of: (1) the inherent meaning, purpose and value in life regardless of circumstances; (2) the positive values of life such as the freedom to pursue visions, dreams or happiness.

Included Items: 18 24 26 27

Your Score: x

Average Score: x

Element B: Acceptance

Definition: Involves (1) the recognition that suffering and evil are an inevitable part of this life; (2) a willingness to face the present reality, no matter how gloomy; (3) acceptance of my own limitations, weaknesses, and all the misfortunes that have come my way.

Included Items: 7 9 13 17 22

Your Score: x

Average Score: x

Element C: Courage

Definition: The willingness to face obstacles and danger in order to be true to one’s own convictions, pursue goals, and to stay alive.

Included Items: 6 20 28 30

Your Score: x

Average Score: x
Element D: Faith

Definition: The willingness to have trust in God (providence or higher power) in spite of doubts and seemingly hopeless situations.

Included Items: 1 3 5 8 10 14 15 16 23 29 31

Your Score: x

Average Score: x

Element E: Self-transcendence

Definition: The capacity to rise above situational constraints, self-interest, and other limiting factors in order to contribute to humanity and make a difference in the world.

Included Items: 2 4 11 12 19 21 25 32

Your Score: x

Average Score: x

Note. Average Score is calculated based on the current number of entries.