

The Life Attitudes Scale (LAS)

Wong, P. T. P., Leung, M., Steinfort, T., & Vroon, E. J. (2002)

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.)

	Strongly Agree	Agree	Disagree	Strongly Disagree
1 When times get really tough, someone or something will come through for me	SA	A	D	SD
2 In times of crisis, I tend to consider the needs of others before I consider my own needs	SA	A	D	SD
3 Faith in a higher power makes it easier to endure pain	SA	A	D	SD
4 In times of great tragedy, the opportunity to sacrifice myself for the common good makes my pain more bearable	SA	A	D	SD
5 I have faith that eventually justice will prevail, even though at times it seems hopeless	SA	A	D	SD
6 I will pursue my life goals no matter how much they will cost me	SA	A	D	SD
7 There is a dark and evil side to every person	SA	A	D	SD
8 I believe in a higher power	SA	A	D	SD
9 Life is full of setbacks	SA	A	D	SD
10 Putting my fate in God's hands has helped me gain peace in my life	SA	A	D	SD
11 Being an example to others motivates me to endure hardships	SA	A	D	SD
12 Living for others helps me rise above my own problems	SA	A	D	SD
13 It is inevitable that people will let me down	SA	A	D	SD
14 Even though reality is grim, I believe a miracle could happen	SA	A	D	SD
15 My life has purpose because I have a unique calling or mission	SA	A	D	SD
16 I can endure great suffering in this life because I know my reward will be great in the next life	SA	A	D	SD
17 We will never get rid of war, terrorism, or tragedy	SA	A	D	SD

18	My life is worth living no matter how many problems I have	SA	A	D	SD
19	My suffering decreases whenever I reach out to help others	SA	A	D	SD
20	I can move forward with confidence, even if most people don't approve of my life goals	SA	A	D	SD
21	I want to contribute to the well-being of others in spite of my own unfortunate circumstances	SA	A	D	SD
22	My life is fragile, and could end at any time	SA	A	D	SD
23	Even when I am at the end of my rope, I still believe that God will come to my rescue	SA	A	D	SD
24	Even if I were stripped of everything, I still believe that my life is precious	SA	A	D	SD
25	In times of tragedy, I am willing to sacrifice my own safety for the safety of others	SA	A	D	SD
26	Life has intrinsic value, regardless of circumstances	SA	A	D	SD
27	Life is worth living no matter how difficult or painful it is	SA	A	D	SD
28	I'd rather die fighting for something I believe in than play safe	SA	A	D	SD
29	Even though this life is very painful, I believe there is a better life beyond this one	SA	A	D	SD
30	I am willing to face horrible consequences in order to do what is right	SA	A	D	SD
31	I have been put on this earth for a reason	SA	A	D	SD
32	I find satisfaction in helping others, even in the midst of my own suffering	SA	A	D	SD

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.

Elements (Subscales):	Items:
Affirmation of meaning and value:	18 24 26 27
Acceptance:	7 9 13 17 22
Courage:	6 20 28 30
Faith:	1 3 5 8 10 14 15 16 23 29 31
Self-transcendence:	2 4 11 12 19 21 25 32

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.