

Life Attitudes Scale (LAS)

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

		SA	A	D	SD
		Strongly Agree	Agree	Disagree	Strong 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

Life Attitudes Scale: Scoring Key

Note: The “Life Attitudes Scale” is called “Life Attitude Scale” during administration.

The global LAS score is calculated by adding all responses. Subscale scores are calculated by adding responses to items corresponding to the subscales.

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

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