

Mature Happiness Scale (MHS)

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Considering your life overall, please characterize your life by rating the following statements using the scale (from 1 to 5) below.

	1	2	3	4	5
	Not at all	Some of the Time	Often	Most of the Time	All of the Time
1. I am able to maintain inner peace.					1 2 3 4 5
2. I feel comfortable in my own skin.					1 2 3 4 5
3. I have learned to accept life as it is.					1 2 3 4 5
4. I am troubled by inner conflict.					1 2 3 4 5
5. I am at peace with myself.					1 2 3 4 5
6. I have learned to remain calm, whatever comes.					1 2 3 4 5
7. My conscience bothers me.					1 2 3 4 5
8. I have learned to be content in every situation.					1 2 3 4 5
9. I am able to give thanks at all times.					1 2 3 4 5
10. I am able to live in harmony with people that matter to me.					1 2 3 4 5
11. I am worried about my future.					1 2 3 4 5
12. I have learned to let go of all my cares and burdens.					1 2 3 4 5

The following items are scored negatively: 4, 7, 11

Reference: Wong, P. T. P. & Bowers, V. (2018). [Mature happiness and global wellbeing in difficult times](#). In N. R. Sifton (Ed.), *Scientific concepts behind happiness, kindness, and empathy in contemporary society*. Hershey, PA: IGI Global.