

Meaningful Living Scale (MLS)

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Please use one of the following numbers from 1 to 7 to indicate how much you agree or disagree with the following statement.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree

1. Overall, I find my life meaningful. 1 2 3 4 5 6 7
2. I am in a meaningful love-relationship. 1 2 3 4 5 6 7
3. I find my present work or occupation meaningful. 1 2 3 4 5 6 7
4. I have found a meaning and purpose in my suffering. 1 2 3 4 5 6 7
5. I have learned to live fully and responsibly because of the brevity of life. 1 2 3 4 5 6 7

Total score: _____

Scores for all items are summed to calculate a total score.