

## The Search for Meaning Screen Test (SMST)

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The Search for Meaning Screen Test is designed to provide an index of both the positive and negative reasons for searching for meaning. If you check “Yes” to more than 12 of the 24 questions, you will benefit from participating in the meaningful living project.

- |     |                                                                          |     |    |
|-----|--------------------------------------------------------------------------|-----|----|
| 1.  | Are you seeking a deeper understanding of the real you?                  | Yes | No |
| 2.  | Do you want to better understand your place in the world?                | Yes | No |
| 3.  | Do you want to determine what really matters in life?                    | Yes | No |
| 4.  | Do you want to learn more about your strengths and weaknesses?           | Yes | No |
| 5.  | Do you want to learn how to live well and die well?                      | Yes | No |
| 6.  | Are you seeking confirmation of your calling?                            | Yes | No |
| 7.  | Do you want to learn how to live an authentic, vital and rewarding life? | Yes | No |
| 8.  | Do you want to learn how to achieve a high level of well-being?          | Yes | No |
| 9.  | Do you want to pack more meaning and purpose in your life?               | Yes | No |
| 10. | Are you seeking to understand the mysteries and paradoxes of life?       | Yes | No |
| 11. | Are you engaged in a spiritual quest for God or a higher power?          | Yes | No |
| 12. | Do you want to make a positive contribution to the world?                | Yes | No |
| 13. | Are you dissatisfied with your pleasant job or life situation?           | Yes | No |
| 14. | Are you uncomfortable in your own skin?                                  | Yes | No |
| 15. | Are you sick and tired of being you?                                     | Yes | No |
| 16. | Do you feel that your striving is pointless and futile?                  | Yes | No |
| 17. | Do you still feel empty and unhappy in spite of your successes?          | Yes | No |
| 18. | Are you going through a stage of life transition?                        | Yes | No |
| 19. | Do you have problems with close relationships?                           | Yes | No |
| 20. | Do you feel alienated and displaced?                                     | Yes | No |
| 21. | Are you worried about change and the uncertainties of your future?       | Yes | No |
| 22. | Are you afraid of death and dying?                                       | Yes | No |
| 23. | Are you struggling with your personal issues?                            | Yes | No |
| 24. | Are you troubled by the question why bad things happen to you?           | Yes | No |

Note: The first 12 questions are concerned with positively-oriented search for meaning, while the next 12 questions are concerned with negatively-oriented search for meaning.