

## Self-Transcendence Measure-Brief (STM-B)

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Please respond to the following statements by circling the most appropriate response to the scale, from 0 (not at all characteristic of me or my beliefs) to 4 (a great deal characteristic of me or my beliefs).

1. My life is meaningful because I live for something greater than myself. 0 1 2 3 4
2. My suffering is more bearable when I believe that it is for my family, friends, and/or for a higher purpose. 0 1 2 3 4
3. I enjoy the process of striving towards excellence in what matters. 0 1 2 3 4
4. At my funeral, I want to be remembered as a decent human being who cared about others. 0 1 2 3 4
5. A worthy lifelong pursuit ought to have some intrinsic value—something that is good in its own right. 0 1 2 3 4
6. What matters most to me in life is the contribution I make to society. 0 1 2 3 4
7. I focus on discovering the potential meaning in every situation. 0 1 2 3 4
8. I devote my life to pursuing the ideals of beauty, goodness, and truth. 0 1 2 3 4
9. I develop my full potential in order to give my best to benefit society. 0 1 2 3 4
10. I am more motivated by doing something meaningful than by the prospect of receiving external rewards. 0 1 2 3 4

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For the original Self-Transcendence Measure (STM) (Wong, Ivtzan, Lomas, & Kjell, 2016), please see: Wong, P. T. P. (2016, June). [\*Self-transcendence as the path to virtue, happiness and meaning\*](#). Paper presented at the research working group meeting for Virtue, Happiness, and the Meaning of Life Project, University of Chicago, Chicago, Illinois.

For the Self-Transcendence Measure-Revised (STM-R) (Wong, Ivtzan, Lomas, Kjell, & Peacock, 2017), please see: Wong, P. T. P. (2016, December). [\*From Viktor Frankl's logotherapy to the four defining characteristics of self-transcendence\*](#). Paper presented at the research working group meeting for Virtue, Happiness, and the Meaning of Life Project, Columbia, SC.