

Life Acceptance Measure (LAM)

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Please read each statement and indicate to what extent each item is characteristic of you. You may respond by circling / clicking the appropriate number according to the following scale:

	1	2	3	4	5
	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1.	I accept what has happened, because eventually things will work out as well as can be expected.				1 2 3 4 5
2.	I accept life as it is and make the best of it.				1 2 3 4 5
3.	I have learned to accept the harsh reality of life.				1 2 3 4 5
4.	I accept the present situation, because no matter how bad things are, they could always be worse.				1 2 3 4 5
5.	I accept my limitations.				1 2 3 4 5
6.	I accept what cannot be changed in my life.				1 2 3 4 5
7.	I have learned to live with suffering and hardships without complaint.				1 2 3 4 5
8.	I no longer avoid painful emotions and memories.				1 2 3 4 5
9.	I have learned how to face and adapt to whatever life throws at me.				1 2 3 4 5