

The New Search for Meaning Scale (SMS) 2019

Please reflect for a few minutes and respond to the following statements as truthfully and accurately as you can by circling the appropriate answer according to the following scale:

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

1. I am trying to understand why I have problems with close relationships.	1 2 3 4 5 6 7
2. I am seeking confirmation for my mission or purpose in life.	1 2 3 4 5 6 7
3. I am searching for reasons for living in order to survive my ordeal.	1 2 3 4 5 6 7
4. I am struggling to understand why bad things happen to good people.	1 2 3 4 5 6 7
5. I want to find out why I am not satisfied with my life.	1 2 3 4 5 6 7
6. Search for the meaning of life is a total waste of time.	1 2 3 4 5 6 7
7. I am seeking to grasp the meaning of suffering and death.	1 2 3 4 5 6 7
8. I want to find out what really matters in every stage of my life.	1 2 3 4 5 6 7
9. I am always searching for ways to make a valuable contribution to the world.	1 2 3 4 5 6 7
10. There is no point in striving, because life is so hard and so short.	1 2 3 4 5 6 7
11. I am seeking to find my out what life demands of me.	1 2 3 4 5 6 7
12. I am trying to figure out my rightful place in the world.	1 2 3 4 5 6 7

Search for Meaning Scale (SMS): Coding Key

Positive Search for Meaning (6 items): 2, 6, 8, 9, 11, 12

Negative Search for Meaning (6 items): 1, 3, 4, 5, 7, 10