

Existential Meaning Questionnaire

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Please read the following items carefully. Using the response scale listed next to each item indicate the extent to which you **agree or disagree with that statement** (1 very strongly disagree, 2 strongly disagree, 3 disagree, 4 neither agree nor disagree, 5 agree, 6 strongly agree, 7 very strongly agree).

- | | |
|---|---------------------------|
| 1. I know what to do with my life | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 2. I know what I am good at | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 3. I know what interests me most | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 4. I know what matters most in life | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 5. I know what kind of person I want to be | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 6. I know that I am responsible for my own happiness and choosing my future | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 7. I know what my role is in the world and how I fit in | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 8. I am currently working towards some goal | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 9. I am pursuing an ideal or a dream that makes me feel excited and significant | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 10. I have a choice in pursuing what I really want to do | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 11. I aspire to make a unique contribution to the world | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 12. There is a person who matters more to me than my own life | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 13. I believe that there is more to life than just making a living or having a good time | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 14. I believe that life is worth living in spite of all the pain and hardship | 1 – 2 – 3 – 4 – 5 – 6 – 7 |
| 15. I intend to continue my daily struggle indefinitely even when I find life boring, painful, and/or uncertain | 1 – 2 – 3 – 4 – 5 – 6 – 7 |