

Your Name: _____

Personality, Dr. Brian Burke

PURPOSE IN LIFE TEST (Crumbaugh & Maholick, 1964)

Instructions: Write the number (1 to 5) next to each statement that is most true for you right now.

Items	Rate each item from 1 to 5	
1. I am usually:	bored 1-----2-----3-----4-----5	enthusiastic
2. Life to me seems:	completely routine;	always exciting.
3. In life I have:	no goals or aims;	clear goals and aims.
4. My personal existence is:	utterly meaningless, without purpose;	purposeful and meaningful.
5. Every day is:	exactly the same;	constantly new and different.
6. If I could choose, I would:	prefer never to have been born;	want 9 more lives just like this one.
7. After retiring, I would:	loaf completely the rest of my life;	do some of the exciting things I've always wanted to.
8. In achieving life goals I've:	made no progress whatever;	progressed to complete fulfillment.
9. My life is:	empty, filled only with despair;	running over with exciting things.
10. If I should die today, I'd feel that my life has been:	completely worthless;	very worthwhile.
11. In thinking of my life, I:	often wonder why I exist;	Always see reasons for being here.
12. As I view the world in relation to my life, the world:	completely confuses me;	fits meaningfully with my life.
13. I am a:	very irresponsible person;	very responsible person.
14. Concerning freedom to choose, I believe humans are:	completely bound by limitations of heredity and environment;	totally free to make all life choices.
15. With regard to death, I am:	unprepared and frightened;	prepared and unafraid.
16. Regarding suicide, I have:	thought of it seriously as a way out;	never given it a second thought.
17. I regard my ability to find a purpose or mission in life as:	practically none;	very great.
18. My life is:	out of my hands and controlled by external factors;	in my hands and I'm in control of it.
19. Facing my daily tasks is:	a painful and boring experience;	a source of pleasure & satisfaction.
20. I have discovered:	no mission or purpose in life;	a satisfying life purpose.

SCORING: Add up all the numbers you wrote down (20-100). A score of less than 50 may indicate that you are experiencing an “existential void,” a lack of meaning or purpose in your life right now...

On a scale of 0-10, how happy did you feel when you got the results of exam #1 back? (Circle one)
0 1 2 3 4 5 6 7 8 9 10