

Oxford Happiness Questionnaire

Rating Scale

- 1- Strongly disagree
- 2- Moderately disagree
- 3- Slightly disagree
- 4- Slightly agree
- 5- Moderately agree
- 6- Strongly agree

	My Rating	Equivalent Score
1. I don't feel particularly pleased with the way I am. (R)		
2. I am intensely interested in other people.		
3. I feel that life is very rewarding.		
4. I have very warm feelings towards almost everyone.		
5. I rarely wake up feeling rested. (R)		
6. I am not particularly optimistic about the future. (R)		
7. I find most things amusing.		
8. I am always committed and involved.		
9. Life is good.		
10. I do not think that the world is a good place. (R)		
11. I laugh a lot.		
12. I am well satisfied about everything in my life.		
13. I don't think I look attractive. (R)		
14. There is a gap between what I would like to do and what I have done. (R)		
15. I am very happy.		
16. I find beauty in some things.		
17. I always have a cheerful effect on others.		
18. I can fit in (find time for) everything I want to.		
19. I feel that I am not in control of my life. (R)		
20. I feel able to take anything on.		
21. I feel fully mentally alert.		
23. I don't find it easy to make decisions. (R)		
24. I don't have a particular sense of meaning and purpose in my life. (R)		
25. I feel I have a great deal of energy.		
26. I usually have a good influence on events.		
27. I don't have fun with other people. (R)		
28. I don't feel particularly healthy. (R)		
29. I don't have particularly happy memories of the past. (R)		
Sum of Equivalent Score		
Average Score		
Interpretation:		

Name: _____ **Date:** _____ **Rating:** _____

Course/Year/Section: _____ **Teacher:** _____

Activity 8
Happy Me?!

1. What makes me happy and unhappy at this point in my life? (5 points)

2. What is my own definition of the “good life”? (5 points)

3. What is the role of science and technology in my achievement of the “good life”? (5 points)?

4. Beyond material things, what can make me ultimately happy and flourish in life, and how can I achieve them? (5 points)
