

Name \_\_\_\_\_ Date \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ Classification \_\_\_\_\_

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## PART A

For each of the following statements, circle the number that would be most nearly true for you. Note that the numbers always extend from one extreme feeling to its opposite kind of feeling. "Neutral" implies no judgment either way; try to use this rating as little as possible.

1. I am usually:

1	2	3	4	5	6	7
completely			(neutral)			exuberant,
bored						enthusiastic

2. Life to me seems:

7	6	5	4	3	2	1
always			(neutral)			completely
exciting						routine

3. In life I have:

1	2	3	4	5	6	7
no goals or			(neutral)			Very clear goals
aims at all						and aims

4. My personal existence is:

1	2	3	4	5	6	7
Utterly meaningless			(neutral)			very purposeful
without purpose						and meaningful

5. Every day is:

7	6	5		3	2	1
constantly new			(neutral)			exactly the same

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Test #168  
FORM A

6. If I could choose, I would:
- |                                |   |   |           |   |   |   |
|--------------------------------|---|---|-----------|---|---|---|
| 1                              | 2 | 3 | 4         | 5 | 6                                       | 7 |
| prefer never to have been born |   |   | (neutral) |   | Like nine more lives just like this one |   |
7. After retiring, I would:
- |  |   |   |           |   |                                     |   |
|--|---|---|-----------|---|-------------------------------------|---|
| 7  | 6 | 5 | 4         | 3 | 2                                   | 1 |
| do some of the exciting things I have always wanted to |   |   | (neutral) |   | loaf completely the rest of my life |   |
8. In achieving life goals I have:
- |                           |   |   |           |   |                                    |   |
|---------------------------|---|---|-----------|---|------------------------------------|---|
| 1                         | 2 | 3 | 4         | 5 | 6                                  | 7 |
| made no progress whatever |   |   | (neutral) |   | progressed to complete fulfillment |   |
9. My life is:
- |                                 |   |   |           |   |  |   |
|---------------------------------|---|---|-----------|---|--|---|
| 1                               | 2 | 3 | 4         | 5 | 6                                      | 7 |
| empty, filled only with despair |   |   | (neutral) |   | running over with exciting good things |   |
10. If I should die today, I would feel that my life has been:
- |                 |   |   |           |   |                      |   |
|-----------------|---|---|-----------|---|----------------------|---|
| 7               | 6 | 5 | 4         | 3 | 2                    | 1 |
| very worthwhile |   |   | (neutral) |   | completely worthless |   |
11. In thinking of my life, I:
- |                          |   |   |           |   |                                       |   |
|--------------------------|---|---|-----------|---|---------------------------------------|---|
| 1                        | 2 | 3 | 4         | 5 | 6                                     | 7 |
| often wonder why I exist |   |   | (neutral) |   | always see a reason for my being here |   |
12. As I view the world in relation to my life, the world:
- |                        |   |   |           |   |                                |   |
|------------------------|---|---|-----------|---|--------------------------------|---|
| 1                      | 2 | 3 | 4         | 5 | 6                              | 7 |
| completely confuses me |   |   | (neutral) |   | fits meaningfully with my life |   |
13. I am a:
- |                           |   |   |           |   |                         |   |
|---------------------------|---|---|-----------|---|-------------------------|---|
| 1                         | 2 | 3 | 4         | 5 | 6                       | 7 |
| very irresponsible person |   |   | (neutral) |   | very responsible person |   |

14. Concerning man's freedom to make his own choices, I believe man is:
- |   |   |   |           |   |   |   |
|---|---|---|-----------|---|---|---|
| 7   | 6 | 5 | 4         | 3 | 2 | 1   |
| absolutely free to<br>make all life choices |   |   | (neutral) |   |   | completely bound by<br>limitations of heredity<br>and environment |
15. With regard to death, I am:
- |                          |   |   |           |   |   |                              |
|--------------------------|---|---|-----------|---|---|------------------------------|
| 7                        | 6 | 5 | 4         | 3 | 2 | 1                            |
| prepared and<br>unafraid |   |   | (neutral) |   |   | unprepared and<br>frightened |
16. With regard to suicide, I have:
- |   |   |   |           |   |   |                                    |
|---|---|---|-----------|---|---|------------------------------------|
| 1                                       | 2 | 3 | 4         | 5 | 6 | 7                                  |
| thought of it seriously<br>as a way out |   |   | (neutral) |   |   | never given it a<br>second thought |
17. I regard my ability to find a meaning, purpose, or mission in life as:
- |            |   |   |           |   |   |                  |
|------------|---|---|-----------|---|---|------------------|
| 7          | 6 | 5 | 4         | 3 | 2 | 1                |
| very great |   |   | (neutral) |   |   | practically none |
18. My life is:
- |  |   |   |           |   |   |  |
|--|---|---|-----------|---|---|--|
| 7  | 6 | 5 | 4         | 3 | 2 | 1  |
| in my hands and I<br>am in control of it |   |   | (neutral) |   |   | out of my hands<br>and controlled<br>by external factors |
19. Facing my daily tasks is:
- |  |   |   |           |   |   |                                      |
|--|---|---|-----------|---|---|--------------------------------------|
| 7  | 6 | 5 | 4         | 3 | 2 | 1                                    |
| a source of pleasure<br>and satisfaction |   |   | (neutral) |   |   | a painful and bor-<br>ing experience |
20. I have discovered:
- |                                  |   |   |           |   |   |   |
|----------------------------------|---|---|-----------|---|---|---|
| 1                                | 2 | 3 | 4         | 5 | 6 | 7   |
| no mission or<br>purpose in life |   |   | (neutral) |   |   | clear-cut goals<br>and a satisfying<br>life purpose |