NoM Scale

Please rate each statement below, by circling one of the ratings 1-4. Circle “1” if you strongly disagree, “2” if you mildly disagree, “3” if you mildly agree, or “4” if you strongly agree.

It does not matter whether I live or die.

The fact that I shall die and be forgotten makes my life seem insignificant.

The possibility that death may terminate my awareness of having ever existed at all makes my existence seem meaningless.

My place in the universe is like that of an insignificant speck of dust.

Life has no meaning or purpose.

Any perceived meaning in life is illusory.

All strivings in life are futile and absurd.

The likelihood that I shall be remembered by no one in two hundred years makes my current life seem unimportant.

All suffering is pointless.

Life is a cruel joke.

Heroic deeds stem from the delusion that they are meaningful and significant.

Life is filled with one absurd loss after another.

Taking care of one’s health is pointless, as it will not avert one’s rendezvous with death.

To perpetuate life by having children of one’s own is merely to perpetuate absurdity and loss of life.