Sense of Coherence

Please CIRCLE the number which best expresses your answer. Each question has 7

possible answers, with number 1 and 7 as extreme answers. Please answer every

question and give only one answer per question. Some of the questions are very similar

but you should still answer all of them.

1. When you talk to people do you have the feeling that they don’t understand you?

Never have this feeling. 1 2 3 4 5 6 7 Always have this feeling.

2. When you have to do something which depends on co-operation with others, do you

have the feeling that it:

Surely won’t get done. 1 2 3 4 5 6 7 Surely will get done.

3. Think of the people with whom you come into contact daily, aside from the ones to whom

you feel closest. How well do you know most of them?

You feel that they’re strangers. 1 2 3 4 5 6 7 You know them very well.

4. Do you have the feeling that you don’t really care about what goes on around you?

Very seldom or never. 1 2 3 4 5 6 7 Very often.

5. Are you surprised by the behavior of people whom you thought you knew well?

Never. 1 2 3 4 5 6 7 Always.

6. Has it happened that people whom you counted on have disappointed you?

Never happened. 1 2 3 4 5 6 7 Always happens.

7. Life is:

Full of interest. 1 2 3 4 5 6 7 Completely routine.

8. Until now your life has had:

No clear goals or purpose at all. 1 2 3 4 5 6 7 Very clear goals and purpose.

9. Do you have the feeling that you are being treated unfairly?

Very often. 1 2 3 4 5 6 7 Very seldom or never.

10. In the past ten years your life has been:

Full of changes without your knowing what will happen next. 1 2 3 4 5 6 7 Completely consistent and clear.

11. Most of the things that you do in future will probably be:

Completely fascinating. 1 2 3 4 5 6 7 Deadly boring.

12. Do you have the feeling that you are in an unfamiliar situation and don’t know what to do?

Very often. 1 2 3 4 5 6 7 Very seldom or never.

13. What best describes how you see life:

One can always find a solution to painful things in life. 1 2 3 4 5 6 7 There is no solution to painful things in life.

14. When you think about life, you very often:

Feel how good it is to be alive. 1 2 3 4 5 6 7 Ask yourself why you exist at all.

15. When you face a difficult problem the choice of a solution is:

Always confusing and hard to find. 1 2 3 4 5 6 7 Always completely clear.

16. Doing things you do every day is:

A source of deep pleasure and satisfaction. 1 2 3 4 5 6 7 A source of pain and boredom.

17. Your life in the future will probably be:

Full of changes without your knowing what will happen next. 1 2 3 4 5 6 7 Completely consistent and clear.

18. When something unpleasant happens your tendency is:

“To beat yourself up” about it. 1 2 3 4 5 6 7 To say “ok, that’s that. I have to live with it”, and go on.

19. Do you have very mixed up feelings and ideas?

Very often. 1 2 3 4 5 6 7 Very seldom or never.

20. When you do something that gives you a good feeling:

It’s certain that you’ll go on feeling good. 1 2 3 4 5 6 7 It’s certain that something will happen to spoil

the feeling.

21. Does it happen that you have feelings inside which you would rather not feel?

Very often. 1 2 3 4 5 6 7 Very seldom or never.

22. You anticipate that your personal life in future will be:

Totally without meaning or purpose. 1 2 3 4 5 6 7 Full of meaning and purpose.

23. Do you think that there will always be people whom you’ll be able to count on in the

future?

You’re certain there will be. 1 2 3 4 5 6 7 You doubt there will be.

24. Does it happen that you have the feeling that you don’t know exactly what’s about to happen?

Very often 1 2 3 4 5 6 7 Very seldom or never

25. Many people – even those with a strong character – sometimes feel like losers in certain

situations. How often do you feel this way?

Never 1 2 3 4 5 6 7 Very often

26. When something happened, have you generally found that:

You overestimated or underestimated its importance. 1 2 3 4 5 6 7 You saw things in the correct proportion.

27. When you think of difficulties you are likely to face in important aspects of your life, do

you have the feeling that:

You will always succeed in overcoming the difficulties. 1 2 3 4 5 6 7 You won’t succeed in overcoming the

difficulties.

28. How often do you have the feeling that there’s little meaning in the things you do in your

daily life?

Very often. 1 2 3 4 5 6 7 Very seldom or never.

29. How often do you have feelings that you’re not sure you can keep under control?

Very often. 1 2 3 4 5 6 7 Very seldom or never.