Satisfaction With Life Scale (Pavot & Diener, 1993)

請細閱下列五項，並根據在旁一至七的指標，圈上適當的數字，表達你對各項的同意程度。請以開明和誠實的態度作答。

Below are five statements with which you may agree or disagree. Using 1-7 scale below, indicate your agreement with each item by circling the appropriate number. Please be open and honest in your responding.

<table>
<thead>
<tr>
<th></th>
<th>非常不同意 Strongly Disagree</th>
<th>不同意 Disagree</th>
<th>少許不同意 Slightly Disagree</th>
<th>中立 Neither Agree nor Disagree</th>
<th>少許同意 Slightly Agree</th>
<th>同意 Agree</th>
<th>非常同意 Strongly Agree</th>
</tr>
</thead>
</table>
| 1. 我的生活大致符合我的理想。 
   In most ways my life is close to my ideal. | 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 2. 我的生活狀況非常圓滿。 
   The conditions of my life are excellent. | 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 3. 我滿意自己的生活。 
   I am satisfied with my life. | 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 4. 直至現在爲止，我都能夠得到我在生活上希望擁有的重要東西。 
   So far I have gotten the important things I want in life. | 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 5. 如果我能重新活過，差不多沒有東西我想改變。 
   If I could live my life over, I would change almost nothing. | 1   | 2   | 3   | 4   | 5   | 6   | 7   |


Chinese Satisfaction With Life Scale Research Edition was modified and translated by Dr. Mantak Yuen, on this date 1 November 2002. Dr. Yuen can be contacted at Faculty of Education, the University of Hong Kong, Pokfulam, China. E-mail: mtyuen@hkucc.hku.hk

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