

Overall Life Rating Scale

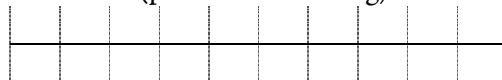
Name _____ Date _____

Looking back over the last week, including today, help me understand how you have been feeling by rating how well you have been doing in the following areas of your life, where marks to the left represent low levels and marks to the right indicate high levels.

Individually

(personal well-being)

Low levels



High levels

Interpersonally

(family, close relationships)

Low levels

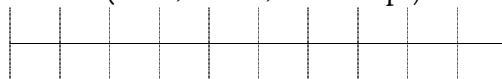


High levels

Socially

(work, school, friendships)

Low levels

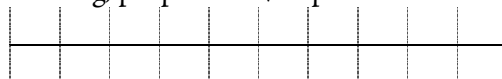


High levels

Spiritually

(sense of meaning, purpose and/or personal faith if applicable)

Low levels

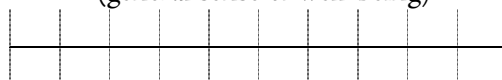


High levels

Overall

(general sense of well-being)

Low levels



High levels