

Friedman Well-Being Scale (Short Form)

Please use this list of common human traits to describe yourself as accurately as possible. Describe yourself as you see yourself at the present time, not as you wish to be in the future. Describe yourself as you are typically, as compared with other persons you know of the same gender and roughly the same age. Please circle or underline only one number along each line that best represents how you're feeling at the present time.

| | VERY | MODERATELY | NEITHER | MODERATELY | VERY | | | | | | | |
|----------------|------|------------|---------|------------|------|---|---|---|---|---|----|----------------|
| angry | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | calm |
| nervous | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | at ease |
| discouraged | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | contented |
| insecure | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | secure |
| unstable | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | stable |
| shy | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | self-confident |
| meek | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | self-assured |
| joyless | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | joyful |
| unenthusiastic | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | enthusiastic |
| unhappy | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | happy |

Scoring Key

Add the scores for 1 to 5; 6 and 7; 8 and 9 and then 10.

This gives 4 subscales

___1. Emotional Stability (1-5)

___2. Self-Confidence (6-7)

___3. Joyfulness (8-9)

___4. Happiness (10)

Add up the scores for all 10 numbers i.e., 1-10 to get the

___5. Total Well-Being Score.