

THE MEANING IN LIFE QUESTIONNAIRE

The Meaning in Life Questionnaire assesses two dimensions of meaning in life using a 10-item scale. The Presence of Meaning subscale measures how full respondents feel their lives are of meaning. The Search for Meaning subscale measures how engaged and motivated respondents are in efforts to find meaning or deepen their understanding of meaning in their lives.

The Presence subscale is positively related to well-being, intrinsic religiosity, extraversion and agreeableness, and negatively related to anxiety and depression. The Search subscale is positively related to religious quest, rumination, past-negative and present-fatalistic time perspectives, negative affect, depression, and neuroticism, and negatively related to future time perspective, close-mindedness (dogmatism), and well-being.

INSTRUCTIONS FOR SCORING

For the **Presence subscale**: Sum up your scores for items 1, 4, 5, 6 and 9. Item 9 is reverse scored – for example, if you scored a '7', give yourself a '1'. If you scored a '6', give yourself a '2'.

For the **Search subscale**: Sum up your scores for items 2, 3, 7, 8 and 10.

INTERPRETATION OF SCORES

If you scored above 24 on Presence and above 24 on Meaning: **You feel your life has a valued meaning and purpose, yet you are still openly exploring that meaning or purpose.** You are likely satisfied with your life, generally optimistic, experience feelings of love frequently, and rarely feel depressed or anxious.

If you scored above 24 on Presence and below 24 on Search: **You feel your life has a valued meaning and purpose, and are not actively exploring that meaning or seeking meaning in your life.** You are probably highly satisfied with your life, optimistic, and have a healthy self-esteem. You frequently experience feelings of love and joy, and rarely feel afraid, angry, ashamed, or sad.

SOFIAWELLNESSCLINIC

If you scored below 24 on Presence and above 24 on Search: **You probably do not feel your life has a valued meaning and purpose, and you are actively searching for something or someone that will give your life meaning or purpose.** You may feel lost in life, and this idea may cause you distress. You are probably not always satisfied with your life. You may not experience emotions like love and joy that often.

If you scored below 24 on Presence and below 24 on Search: **You probably do not feel your life has a valued meaning and purpose, and are not actively exploring that meaning or seeking meaning in your life.** You may not always be satisfied with your life, or yourself, and you might not be particularly optimistic about the future. You may not experience emotions like love and joy that often.

KEY REFERENCE

1. Steger, M. F., Frazier, P., Oishi, S., & Kaler, M. (2006). The Meaning in Life Questionnaire: Assessing the presence of and search for meaning in life. *Journal of Counseling Psychology*, 53, 80-93.
2. Steger, M. F., & Shin, J. Y. (2010). The relevance of the Meaning in Life Questionnaire to therapeutic practice: A look at the initial evidence. *International Forum on Logotherapy*, 33, 95-104.

TIME TAKEN TO COMPLETE

5 minutes

THE MEANING IN LIFE QUESTIONNAIRE

Please take a moment to think about what makes your life feel important to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the 1-7 scale below.

- 7** = Absolutely True
- 6** = Mostly True
- 5** = Somewhat True
- 4** = Can't Say True or False
- 3** = Somewhat Untrue
- 2** = Mostly Untrue
- 1** = Absolutely Untrue

_____ I understand my life's meaning.

_____ I am looking for something that makes my life feel meaningful.

_____ I am always looking to find my life's purpose.

_____ My life has a clear sense of purpose.

_____ I have a good sense of what makes my life meaningful.

_____ I have discovered a satisfying life purpose.

_____ I am always searching for something that makes my life feel significant.

_____ I am seeking a purpose or mission for my life.

_____ My life has no clear purpose.

_____ I am searching for meaning in my life.

_____ **Presence of Meaning Score**

_____ **Search for Meaning Score**