

THE TEMPORAL SATISFACTION WITH LIFE SCALE

The Temporal Satisfaction With Life Scale (TSWLS) assesses a person's satisfaction with their lives on a temporal framework. It measures the cognitive component of Subjective Well-Being (SWB), and provides an integrated judgement of an individual's past, present, and future life satisfaction.

INSTRUCTIONS FOR SCORING

Sum up the first 5 items for Past Life Satisfaction, next 5 items for Present Life Satisfaction, and the last 5 items for Future Life Satisfaction.

AUTHOR(S)

This scale is developed by William Pavot, Ed Diener and Eunkook Suh.

KEY REFERENCE

Pavot, W., Diener, E., & Suh, E. (1998). The Temporal Satisfaction with Life Scale. *Journal of Personality Assessment*, 70, 340-354.

TIME TAKEN TO COMPLETE

5 minutes

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

7 = Strongly Agree

6 = Agree

5 = Slightly Agree

4 = Neither Agree nor Disagree

3 = Slightly Disagree

2 = Disagree

1 = Strongly Disagree

_____ If I had my past to live over, I would change nothing.

_____ I am satisfied with my life in the past.

_____ My life in the past was ideal for me.

_____ The conditions of my life in the past were excellent.

_____ I had the important things I wanted in my past.

_____ I would change nothing about my current life.

_____ I am satisfied with my current life.

_____ My current life is ideal for me.

_____ The current conditions of my life are excellent.

_____ I have the important things I want right now.

_____ There will be nothing that I will want to change about my future.

_____ I will be satisfied with my life in the future.

_____ I expect my future life will be ideal for me.

_____ The conditions of my future life will be excellent.

_____ I will have the important things I want in the future.

_____ **Past Life Satisfaction (First Five Items)**

_____ **Present Life Satisfaction (Next Five Items)**

_____ **Future Life Satisfaction (Last Five Items)**