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


TIME TAKEN TO COMPLETE

5 minutes
THE TEMPORAL SATISFACTION WITH LIFE SCALE

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)