

The Quest for Meaning Scale (QMS)
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Please indicate where you stand at this moment with respect to searching for the answers to the following questions. There are different degrees of completion of this search. There are no right or wrong answers; your answer simply indicates your current state of mind with regards to some fundamental questions about meaning and purpose in life.

0-1	2-5	6-7
I am absolutely or mostly not interested in searching for answers to such questions.	I am at different stages of searching for answers.	I have more or less found the answers and therefore I am no longer actively searching.

1. **Who am I?** Who is the real me? Who am I when everything is stripped away from me?

0 1 2 3 4 5 6 7

2. **How and where do I find happiness?** Why do I find life boring? Why am I so dissatisfied with life?

0 1 2 3 4 5 6 7

3. **What should I do with my life?** How shall I live? What is the mission and purpose of my life?

0 1 2 3 4 5 6 7

4. **How can I avoid making the wrong choices in the major areas of my life?** How can I be sure that I made the right decision?

0 1 2 3 4 5 6 7

5. **Where do I belong?** How can I develop deep and meaningful relationships? Where will I be fully accepted?

0 1 2 3 4 5 6 7

6. **What is the point of all my striving?** Why should I struggle to survive or succeed in life when life is so short and full of suffering?

0 1 2 3 4 5 6 7

7. **What will happen to me after I die?** Is there a Heaven or Hell, or is death the end of everything?

0 1 2 3 4 5 6 7

8. **What would make my life more meaningful and significant?** What is the good life?

0 1 2 3 4 5 6 7

