Search for Meaning Scale (SMS)

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Please respond to the following statements by circling the most appropriate response to the scale.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Moderately Disagree	Neither Agree nor Disagree	Moderately Agree	Agree	Strongly Agree

1.	I am troubled by the question of why bad things happen.	1 2 3 4 5 6 7
2.	I don't know why I feel alienated or marginalized.	1 2 3 4 5 6 7
3.	I am concerned about the uncertainties of my future.	1 2 3 4 5 6 7
4.	I want to pack more meaning and purpose in my life.	1 2 3 4 5 6 7
5.	I am wondering why I feel empty and unhappy despite my successes.	1 2 3 4 5 6 7
6.	I am engaged in a spiritual quest for knowing God better.	1 2 3 4 5 6 7
7.	I am questioning whether my striving for success is futile.	1 2 3 4 5 6 7
8.	I am seeking a deeper understanding of my true self.	1 2 3 4 5 6 7
9.	I am seeking ways to make a significant contribution to the world.	1 2 3 4 5 6 7
10.	I want to discover how to live an authentic and vital life.	1 2 3 4 5 6 7
11.	I am seeking confirmation of my calling.	1 2 3 4 5 6 7
12.	I don't know why I am having problems with close relationships.	1 2 3 4 5 6 7
13.	I want to find out why I am unhappy with my job or life situation.	1 2 3 4 5 6 7
14.	I am looking for an answer to my personal issues.	1 2 3 4 5 6 7
15.	I am trying to figure out what really matters in life.	1 2 3 4 5 6 7
16.	I am wondering why I am sick and tired of being me.	1 2 3 4 5 6 7
17.	I am trying to find my rightful place in the world.	1 2 3 4 5 6 7
18.	I am struggling with the meaning of suffering and death.	1 2 3 4 5 6 7
19.	I am seeking to understand the mysteries and paradoxes of life.	1 2 3 4 5 6 7
20.	I want to learn how to live and die well.	1 2 3 4 5 6 7

Search for Meaning Scale (SMS): Coding Key

<u>Positive Search for Meaning (10 items)</u>:   4, 6, 8, 9, 10, 11, 15, 17, 19, 20

<u>Negative Search for Meaning (10 items)</u>:   1, 2, 3, 5, 7, 12, 13, 14, 16, 18