Life Satisfaction Scale

Area of Life	**Completely Unsatisfied**									**Completely Satisfied**
Relationship with Christ	1	2	3	4	5	6	7	8	9	10
Bible Study and Prayer	1	2	3	4	5	6	7	8	9	10
Small Group Involvement	1	2	3	4	5	6	7	8	9	10
Job or School	1	2	3	4	5	6	7	8	9	10
Household Responsibilities	1	2	3	4	5	6	7	8	9	10
Relationship with Children	1	2	3	4	5	6	7	8	9	10
Relationship with Friends	1	2	3	4	5	6	7	8	9	10
Relationship with Parents / Family	1	2	3	4	5	6	7	8	9	10
Hobbies / Enjoyable Activities	1	2	3	4	5	6	7	8	9	10
Financial Situation / Management	1	2	3	4	5	6	7	8	9	10
Social Activities	1	2	3	4	5	6	7	8	9	10
Sleep and Exercise Routine	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
Sense of Independence	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10
General Sense of Satisfaction	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**

* This resource is modified and adapted from a comparable resource in *Beyond Addiction* by Foote, Wilkens, Kosanke and Higgs (p. 144)