

**Worksheet 2.5 Mental Health Continuum - Long Form** ©2008 Corey L. M. Keyes, Ph.D.

**EWB1.** During the past 30-days, how much of the time did you find...

	ALL THE TIME	MOST OF THE TIME	SOME OF THE TIME	A LITTLE OF THE TIME	NONE OF THE TIME
a. ...cheerful?	1	2	3	4	5
b. ...in good spirits?	1	2	3	4	5
c. ...extremely happy?	1	2	3	4	5
d. ...calm and peaceful?	1	2	3	4	5
e. ...satisfied?	1	2	3	4	5
f. ...full of life?	1	2	3	4	5

**EWB2.** Using a scale from 0 to 10 where 0 means "the worst possible life overall" and 10 means "the best possible life overall," how would you rate your life overall these days?

WORST											BEST
0	1	2	3	4	5	6	7	8	9	10	

**PWB.** Please indicate how strongly you agree or disagree with each of the following statements.

	AGREE				DISAGREE		
	STRONGLY	SOMEWHAT	A LITTLE	DO NOT ENOUGH	A LITTLE	SOMEWHAT	STRONGLY
1. I like most part of my personality	1	2	3	4	5	6	7
2. When I look at the story of my life, I am pleased with how things have turned out so far	1	2	3	4	5	6	7
3. Some people wonder similarly through life, but I avoid one of them	1	2	3	4	5	6	7