

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## *Positive Psychology Questionnaire (PPQ)*

**INSTRUCTIONS:** Looking back on the past week, including today, use the scale below to answer each question.

Not Present		Somewhat Present						Fully Present		
0	1	2	3	4	5	6	7	8	9	10

- 1. Positive Self:** *"I like most aspects of my personality"*
- Having a positive view of yourself
  - Acknowledging and accepting the multiple parts of yourself
  - Feeling positive about your past life experiences

- 2. Positive Relations:** *"People would describe me as a giving person, willing to share my time with others"*
- Having warm, satisfying relationships with others
  - Being concerned with the welfare of others
  - Being empathic, affectionate, and intimate with others

- 3. Positive Control:** *"I have confidence in my opinions, even if they are contrary to the general consensus"*
- Being independent and determining your own life
  - Being able to resist social pressures to think or behave negatively
  - Evaluating your life by internal standards, values, and virtues

- 4. Positive Purpose:** *"Some people wander aimlessly through life, but I am not one of them"*
- Having goals in life and a sense of direction in your life
  - Feeling that your present and past has meaning
  - Having a reason for living

- 5. Positive Growth:** *"I think it is important to have new experiences that challenge how I think about myself and the world"*
- Feeling a need for continued personal improvement
  - Seeing yourself as getting better and being open to new experiences
  - Growing in self-knowledge and personal effectiveness

- 6. Positive Emotions:** *"Despite the stressors of life, I am able to stay calm, finding joy and contentment in life challenges"*
- Seeking opportunities for enjoyment and unity with others
  - Choosing to think clearly and rationally when under stress
  - Able to buffer negative emotions of anger, guilt, fear, and sadness with joy, contentment, hope, and peace