

Your Name: _____

Score: _____

PURPOSE IN LIFE TEST (Crumbaugh & Maholick, 1964)

Instructions: Write the number (1 to 5) next to each statement that is most true for you right now.

1. I am usually:	1	2	3	4	5	
	bored				enthusiastic	
2. Life to me seems:	1	2	3	4	5	
	completely routine				always exciting	
3. In life, I have:	1	2	3	4	5	
	no goals or aims				clear goals and aims	
4. My personal existence is:	1	2	3	4	5	
	utterly meaningless, without purpose				purposeful and meaningful	
5. Every day is:	1	2	3	4	5	
	exactly the same				constantly new and different	
6. If I could choose, I would:	1	2	3	4	5	
	prefer never to have been born				want 9 more lives just like this one	
7. After retiring, I would:	1	2	3	4	5	
	loaf completely the rest of my life				do some of the exciting things I've always wanted to	
8. In achieving life goals, I've:	1	2	3	4	5	
	made no progress whatever				progressed to complete fulfillment	
9. My life is:	1	2	3	4	5	
	empty, filled only with despair				running over with exciting things	
10. If I should die today, I'd feel that my life has been:	1	2	3	4	5	
	completely worthless				very worthwhile	
11. In thinking of my life, I:	1	2	3	4	5	
	often wonder why I exist				always see reasons for being here	
12. As I view the world in relation to my life, the world:	1	2	3	4	5	
	completely confuses me				fits meaningfully with my life	
13. I am a:	1	2	3	4	5	
	very irresponsible person				very responsible person	
14. Concerning freedom to choose, I believe humans are:	1	2	3	4	5	
	completely bound by limitations of heredity and environment				totally free to make all life choices	
15. With regard to death, I am:	1	2	3	4	5	
	unprepared and frightened				prepared and unafraid	
16. Regarding suicide, I have:	1	2	3	4	5	
	thought of it seriously as a way out				never given it a second thought	
17. I regard my ability to find a purpose or mission in life as:	1	2	3	4	5	
	practically none				very great	
18. My life is:	1	2	3	4	5	
	out of my hands and controlled by external factors				in my hands and I'm in control of it	
19. Facing my daily tasks is:	1	2	3	4	5	
	a painful and boring experience				a source of pleasure and satisfaction	
20. I have discovered:	1	2	3	4	5	
	no mission or purpose in life				a satisfying life purpose	

SCORING: Add up all the numbers you wrote down (20-100). A score of less than 50 may indicate that you are experiencing an "existential void," a lack of meaning or purpose in your life right now...