

Perception of Life Scale (PLS)

Looking back over the past week, please rate how you have been doing in each aspect of your life.

	Worst						Best
	0	1	2	3	4	5	6
1. I felt good about my life.							
2. I felt interested in something.							
3. I felt safe where I live.							
4. I felt my life is valuable and worthwhile.							
5. I learned something new.							
6. I felt valued by people with whom I am closest.							
7. I had more positive than negative moments most days.							
8. I explored and became absorbed in something interesting.							
9. I felt supported by one or more other people in my life.							
10. I was able to relax when I needed to.							
11. I felt excited about my future.							
12. I felt like I belonged in my community, school, and work.							
13. I felt loved by others around me.							
14. I got things done when I needed to.							
15. I got help from others when I needed it.							

Total Score

90 points

Signal Alerts

- Green 61-90
- Yellow 31-60
- Red 0-30

Subscales

Individual Questions 1, 2, 4, 5, 7, 8, 10, 11, 14 (Points: 0-54)

Interpersonal Questions 3, 6, 13 (Points: 0-18)

Social Questions 9, 12, 15 (Points: 0-18)