

請細閱下列五項，並根據在旁一至七的指標，圈上適當的數字，表達你對各項的同意程度。請以開明和誠實的態度作答。

Below are five statements with which you may agree or disagree. Using 1-7 scale below, indicate your agreement with each item by circling the appropriate number. Please be open and honest in your responding.

	非常 不同意 Strongly Disagree	不同意 Disagree	少許 不同意 Slightly Disagree	中立 Neither Agree nor Disagree	少許 同意 Slightly Agree	同意 Agree	非常 同意 Strongly Agree
1. 我的生活大致符合我的理想。 In most ways my life is close to my ideal.	1	2	3	4	5	6	7
2. 我的生活狀況非常圓滿。 The conditions of my life are excellent.	1	2	3	4	5	6	7
3. 我滿意自己的生活。 I am satisfied with my life.	1	2	3	4	5	6	7
4. 直至現在為止，我都能夠得到我在生活上希望擁有的重要東西。 So far I have gotten the important things I want in life.	1	2	3	4	5	6	7
5. 如果我能重新活過，差不多沒有東西我想改變。 If I could live my life over, I would change almost nothing.	1	2	3	4	5	6	7

Source: Pavot, W., & Diener, E. (1993). Review of the satisfaction with life scale. *Psychological Assessment*, 5, 2, 164-172.

Chinese Satisfaction With Life Scale Research Edition was modified and translated by Dr. Mantak Yuen, on this date 1 November 2002. Dr. Yuen can be contacted at Faculty of Education, the University of Hong Kong, Pokfulam, China. E-mail: mtyuen@hkucc.hku.hk

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