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Existence Scale

Date:

Name or Sign:

Age:

Occupation:

SD

ST

P-scale

F

R

E-scale

Total score:

Total number of **Therapy-Hours**: Since last testing:

Diagnosis:

Please mark the circle on the scale which is closed to how you generally feel, apart from occasional, brief fluctuations:

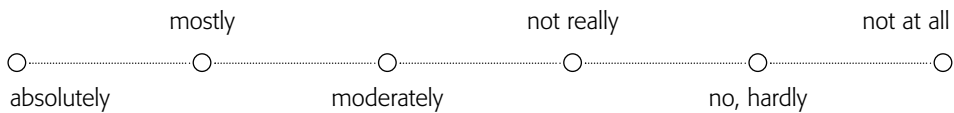


To what extent does this statement apply to me?

absolutely **not at all**

- | | |
|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1) I often leave things unfinished because they take too much effort. | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 2) <i>I feel personally addressed by my tasks.</i> | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 3) Things are only meaningful to me as far as they meet my own desires. | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 4) <i>There isn't anything good in my life.</i> | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 5) I prefer minding my own business (my own worries, wishes, fears and dreams). | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 6) <i>I am usually absent minded.</i> | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 7) I often do not feel satisfied, even after having accomplished a lot, because there would have been more important things to do. | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 8) I am always ruled by other people's expectations. | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 9) I try to put off unpleasant decisions without thinking too much about them. | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 10) I am easily distracted, even when I do things I enjoy. | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 11) There is nothing in my life I am really committed to. | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 12) <i>I often do not understand why it is me who has to do something.</i> | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 13) <i>The way I live now is good for nothing.</i> | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 14) I have a hard time realizing what relevance things have for my life. | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |
| 15) I have good ways of dealing with myself. | <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> --- <input type="radio"/> |

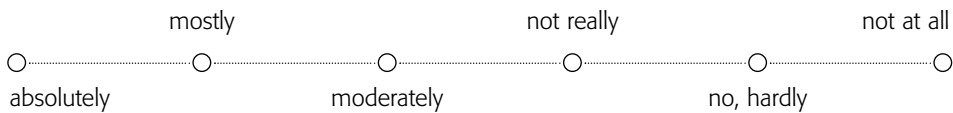
Please mark the circle on the scale which is closed to how you generally feel, apart from occasional, brief fluctuations:



To what extent does this statement apply to me?

	absolutely	not at all
16) I don't take enough time for the things which <i>are important</i> .	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
17) I never know right away what to do in a situation.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
18) I do a lot because I <i>have</i> to, not because I <i>want</i> to.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
19) I am easily confused when problems arise.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
20) I rarely prioritize what I have to do.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
21) I am always eager to see what the day will bring.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
22) I rarely think about consequences before I act.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
23) I can't rely on my feelings when I have to make <i>a decision</i> .	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
24) I have a hard time starting something (even if I really care) because I don't know its outcome.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
25) I never quite know my exact duties.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
26) I feel inwardly free.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
27) Life has betrayed me because it has not fulfilled my wishes.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
28) I am relieved when I have no choice in a matter.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
29) There are situations in which I feel totally <i>helpless</i> .	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
30) I do a lot of things without really knowing enough about them.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○

Please mark the circle on the scale which is closed to how you generally feel, apart from occasional, brief fluctuations:

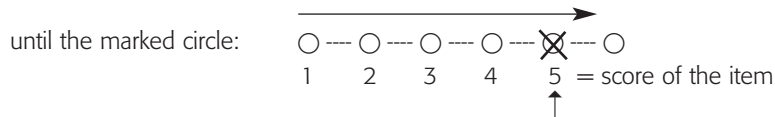


	To what extent does this statement apply to me?	
	absolutely	not at all
31) I usually don't know what is important in a given situation.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
32) The fulfillment of one's own wishes has priority.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
33) It is difficult to imagine myself in someone else's shoes.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
34) <i>It would be better if I didn't exist.</i>	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
35) Ultimately I can't relate to many things I have to deal with.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
36) I like to form my own opinions.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
37) I feel torn because I do so many things at the same time.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
38) Even when I am doing important things, I lack <i>the stamina to finish them.</i>	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
39) I do a lot that I really don't want to do.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
40) I'm only interested in a situation that meets my wishes.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
41) When I am ill, I don't know what to do with my time.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
42) I often don't realize that in every situation I have several choices of action.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
43) <i>I find the world I live in boring.</i>	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
44) There are so many things I have to do, that I rarely consider what I want to do.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
45) I cannot enjoy life's goodness, because there is always another side.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○
46) I feel dependent.	○ --- ○ --- ○ --- ○ --- ○ --- ○	○ --- ○ --- ○ --- ○ --- ○ --- ○

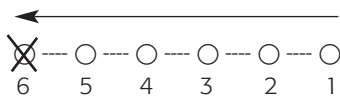
EXISTENCE SCALE (ES) – Evaluation sheet

The following schema offers an evaluation of the test without tools.

The score of each item results by counting the number of circles from *left to right*



Attention! The marked * questions are inverse – the counting goes from *right to left*



P-value:

SD	
Question No.	value
3	
5	
19	
32	
40	
42	
43	
44	
Total RV	

ST	
Question No.	value
*2	
4	
11	
12	
13	
14	
*21	
27	
33	
34	
35	
*36	
41	
45	
Total RV	

P-value:

RW
PR
T-Value

E-value:

F	
Question No.	value
9	
10	
*15	
17	
18	
23	
24	
*26	
28	
31	
46	
Total RV	

R	
Question No.	value
1	
6	
7	
8	
16	
20	
22	
25	
29	
30	
37	
38	
39	
Total RV	

E-value:

RW
PR
T-Value

Total score:

RW
PR
T-Value

