

Assessment:

Life Satisfaction Inventory-A (LSI-A)

1. As I grow older, things seem better than I thought they would.
2. I have gotten more of the breaks in life than most people.
3. This is the dreariest time in my life.
4. I am just as happy as when I was younger.
5. My life could be happier than it is now.
6. These are the best years in my life.
7. Most of the things I do are boring or monotonous.
8. I expect some interesting and pleasant things to happen to me in the future.
9. The things I do are as interesting to me as they were.
10. I feel old and somewhat tired.
11. I feel my age, but it does not bother me.
12. As I look back on my life, I am fairly well satisfied.
13. I would not change my past life even if I could.
14. Compared to other people my age, I've made a lot of foolish decisions in my life.
15. Compared to other people my age, I make a good appearance.
16. I have made plans for things I'll be doing a month or a year from now.
17. When I think back over my life, I didn't get most of the important things I wanted.
18. Compared to other people, I get down in the dumps too often.
19. I've gotten pretty much what I expected out of life.
20. In spite of what people say, the lot of the average man is getting worse, not better.

Response Categories

- Disagree
- Agree
- Don't Know