

Are You Happy Now?

Take this diagnostic test and find out.

Happiness, you may have heard, is relative. It turns out it's also quantifiable, thanks to the University of Michigan's Christopher Peterson, author of *A Primer in Positive Psychology*. His Authentic Happiness Inventory Questionnaire uses 24 multiple-choice questions to gauge respondents' level of bliss. But to make things easy for you, he was kind enough to boil down his test to 10 essential questions, scored against a maximum of 50 points. So go ahead, grab a pen. You'll find the grading key below.

CHOOSE THE RESPONSE THAT BEST DESCRIBES YOU:

1.

- A. I feel like a failure.
- B. I do not feel like a winner.
- C. I feel like I have succeeded more than most people.
- D. As I look back on my life, all I see are victories.
- E. I feel I am extraordinarily successful.

2.

- A. I am usually in a bad mood.
- B. I am usually in a neutral mood.
- C. I am usually in a good mood.
- D. I am usually in a great mood.
- E. I am usually in an unbelievably great mood.

3.

- A. I feel cut off from other people.
- B. I feel neither close to nor cut off from other people.
- C. I feel close to friends and family members.
- D. I feel close to most people, even if I do not know them well.
- E. I feel close to everyone in the world.

4.

- A. I am ashamed of myself.
- B. I am not ashamed of myself.
- C. I am proud of myself.
- D. I am very proud of myself.
- E. I am extraordinarily proud of myself.

5.

- A. Time passes slowly during most of the things that I do.
- B. Time passes quickly during some of the things that I do and slowly for other things.
- C. Time passes quickly during most of the things that I do.
- D. Time passes quickly during all of the things that I do.
- E. Time passes so quickly during all of the things that I do that I don't even notice it.

6.

- A. I have little or no enthusiasm.
- B. My enthusiasm level is neither high nor low.
- C. I have a good amount of enthusiasm.
- D. I feel enthusiastic doing almost everything.
- E. I have so much enthusiasm that I feel I can do most anything.

7.

- A. I am unhappy with myself.
- B. I am neither happy nor unhappy with myself—I am neutral.
- C. I am happy with myself.
- D. I am very happy with myself.
- E. I could not be any happier with myself.

8.

- A. If I were keeping score in life, I'd be behind.
- B. If I were keeping score in life, I'd be about even.
- C. If I were keeping score in life, I'd be somewhat ahead.
- D. If I were keeping score in life, I'd be ahead.
- E. If I were keeping score in life, I'd be far ahead.

9.

- A. I experience more pain than pleasure.
- B. I experience pain and pleasure in equal measure.
- C. I experience more pleasure than pain.
- D. I experience much more pleasure than pain.
- E. My life is filled with pleasure.

10.

- A. I do not enjoy my daily routine.
- B. I feel neutral about my daily routine.
- C. I like my daily routine, but I am happy to get away from it.
- D. I like my daily routine so much that I rarely take breaks from it.
- E. I like my daily routine so much that I almost never take breaks.

Grading Key: A = 1, B = 2, C = 3, D = 4, E = 5.

Add the scores to find your total happiness level.

Greater than 38: You're in the top 10 percent of Americans, happiness-wise. **Greater**

than 34: You're in the top 25 percent. **Less than 24:** You're in the bottom quartile.

Less than 18: You're in the bottom 10 percent. (Cheer up. It's not so bad!)