Fear of Happiness Scale

Please rate the extent to which you agree with each statement, using the scale from 1 to 7 as shown below.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Strongly disagree</td>
<td>Somewhat disagree</td>
<td>A little disagree</td>
<td>Neither Agree or Disagree</td>
<td>A little agree</td>
<td>Somewhat agree</td>
<td>Strongly agree</td>
</tr>
</tbody>
</table>

1. I prefer not to be too joyful, because usually joy is followed by sadness. 1 2 3 4 5 6 7
2. I believe the more cheerful and happy I am, the more I should expect bad things to occur in my life. 1 2 3 4 5 6 7
3. Disasters often follow good fortune. 1 2 3 4 5 6 7
4. Having lots of joy and fun causes bad things to happen. 1 2 3 4 5 6 7
5. Excessive joy has some bad consequences. 1 2 3 4 5 6 7

References
