

Externality of Happiness Scale

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

1	2	3	4	5	6	7
Strongly disagree	Somewhat disagree	A little disagree	Neither Agree or Disagree	A little agree	Somewhat agree	Strongly agree

1. My happiness is controlled by forces outside my control.	1	2	3	4	5	6	7
2. It's a matter of fate whether or not someone is happy.	1	2	3	4	5	6	7
3. My happiness is determined by accidental happenings and luck.	1	2	3	4	5	6	7
4. I feel that I have little influence over my level of happiness.	1	2	3	4	5	6	7

Reference

Joshanloo, M. (2017). Mediators of the relationship between externality of happiness and subjective well-being. *Personality and Individual Differences*, 119, 147-151.