

## The 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.

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. 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

- Joshanloo, M. (2013). The influence of fear of happiness beliefs on responses to the satisfaction with life scale. *Personality and Individual Differences*, 54(5), 647-651.
- Joshanloo, M., Lepshokova, Z. Kh., Panyusheva, T., Natalia, A. Poon, W.C., Yeung, V.W., Sundaram, S., Achoui, M., Asano, R., Igarashi, T., Tsukamoto, S., Rizwan, M., Khilji, I., A., Ferreira, M.C., Pang, J.S., Ho, L.S., Han, G., Bae, J., & Jiang, D. (2014). Cross-cultural validation of the fear of happiness scale across 14 national groups. *Journal of cross-cultural psychology*, 45(2), 246-264.