

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.
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