

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. <https://doi.org/10.1016/j.paid.2012.11.011>
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