

Fragility 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. Something might happen at any time and we could easily lose our happiness.	1	2	3	4	5	6	7
2. Happiness is fragile.	1	2	3	4	5	6	7
3. It is likely that our happiness could be reduced to unhappiness with a simple accident.	1	2	3	4	5	6	7
4. There is only a thin line between happiness and unhappiness.	1	2	3	4	5	6	7

References

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- Joshanloo, M., Park, Y. O., & Park, S. H. (2017). Optimism as the moderator of the relationship between fragility of happiness beliefs and experienced happiness. *Personality and Individual Differences*, 106, 61-63. <https://doi.org/10.1016/j.paid.2016.10.039>