

Authentic Happiness Testing Center

The Testing Center is your way to access the questionnaires available on Authentic Happiness.

Emotion Questionnaires	My Score	Result Range	Last taken	Options & Details	
Authentic Happiness Inventory Measures Overall Happiness	3.58	1.00 to 5.00	12 Feb 2007	Details	Retake?
CES-D Questionnaire Measure Depression Symptoms	n/a	0 to 60	n/a	Take Test	
Fordyce Emotions Questionnaire Measures Current Happiness	n/a	0 to 10 0 to 100 0 to 100 0 to 100	n/a	Take Test	
General Happiness Scale Assesses Enduring Happiness	n/a	1.00 to 7.00	n/a	Take Test	
PANAS Questionnaire Measures Positive and Negative Affect	n/a	10 to 50 10 to 50	n/a	Take Test	

Engagement Questionnaires	My Score	Result Range	Last taken	Options & Details	
Brief Strengths Test Measures 24 Character Strengths	n/a		n/a	Take Test	
The Gratitude Survey Measures Appreciation about the Past	n/a	6 to 42	n/a	Take Test	
The Grit Survey Measures the Character Strength of Perseverance	n/a	1.00 to 5.00	n/a	Take Test	
Optimism Test Measures Optimism About the Future	n/a	0 to 8 8 to 0 0 to 8 8 to 0 -16 to +16	n/a	Take Test	
Transgression Motivations Questionnaire Measures Forgiveness	n/a	7 to 35 5 to 25	n/a	Take Test	
VIA Signature Strengths Measures 24 Character Strengths	n/a		n/a	Take Test	
VIA Strength Survey for Children Measures 24 Character Strengths for Children				Register a child to take this test	
Work-Life Questionnaire Measures Work-Life Satisfaction	n/a	0 to 3 0 to 3 0 to 3 1 to 7	n/a	Take Test	

Meaning Questionnaires	My Score	Result Range	Last taken	Options & Details	
Close Relationships Questionnaire Measures Attachment	n/a	1.00 to 7.00 1.00 to 7.00	n/a	Take Test	
Meaning in Life Questionnaire Measures Meaningfulness	n/a	5 to 35 5 to 35	n/a	Take Test	

Life Satisfaction Questionnaires	My Score	Result Range	Last taken	Options & Details	
Approaches to Happiness Questionnaire Measures Three Routes to Happiness	n/a	1.00 to 5.00 1.00 to 5.00 1.00 to 5.00	n/a	Take Test	
Satisfaction with Life Scale Measures Life Satisfaction	n/a	5 to 35	n/a	Take Test	

Meet Dr. Seligman

Dr. Seligman's main mission has been the promotion of the field of Positive Psychology. This discipline includes the study of positive emotion, positive character traits, and positive institutions. Dr. Seligman is now turning his attention to training Positive Psychologists, individuals whose practice will make the world a happier place, parallel to the way clinical psychologists have made the world a less unhappy place. Read full bio ...



Resources & Links

Additional resources can be found at other Positive Psychology websites:

- BBC News: The Happiness Formula
- American Psychological Association (APA)
- European Network for Positive Psychology
- National Institute of Mental Health (NIMH)
- Positive Organizational Scholarship at the University of Michigan School of Business
- Positive Psychology Center: Research Information
- Quality of Life Research Center
- Values in Action Institute
- Positive Psychology Anthem

Newsletters

- Authentic Happiness Newsletters
- Authentic Happiness Coaching Newsletters

In the News...



Dr. Seligman & Positive Psychology featured in **TIME Magazine** cover story

Positive Psychology Books



[Click here for more info.](#)

Regarding this site... Your responses to the questionnaires on this Web site are entirely voluntary and will be used, anonymously, in ongoing research by Dr. Seligman, the Values in Action Institute, and the creators of the questionnaires. We may also occasionally e-mail you with general information on Positive Psychology or opportunities in Positive Psychology. Participants will not be allowed to use the questionnaires until they fill out the information on the registration page and agree to the above consent.

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