## scale of positive & negative experience

	-	ease use the 1 to 5 scale on right – the numbers indicate					_	1	2	,	3		4		<b>5</b>		
	how	w frequently you have exper- nced the feelings listed below						ery ely or ever	rarely	<i>y</i>	some times		often	of	very ten or lways		
	a	posit	ive														
	b	nega	tive														
	C	good															
d e f	d	bad															
e		pleasant															
	f		unpleasant														
	g	happ	у														
	h	sad															
	i	afraio	d														
	j	joyfu	l														
	<b>k</b>	angry	/														
	/	conte	ented														
o score, a ve a SPAI total. Th <b>SPA</b>	VE-P to	otal. Add otract SP.	d scor	es fo	or all s m SP/	six ne	gativ P to g	e fee give a	ling i SPA	tem.	s (b, i	d, f, ance	h, i 8 total.	k) to		a SP.	
		elow sho	ws the	e pei	rcenta	age of	f ove	r 680	subj	ects	scor	ng a	t or b	pelow	each	total	  .
The tal	bles be	51011 5110															
The ta		1 2 3	3 5	7	12 1	8 24	31	41 .	51 62	2 76	5 83	90	94 9	97 98	3 100		
	%	1 1		16	17 1	8 19	31 20 43 52	21 2	51 62 22 23 73		1 25	90 26 29 9	27 2	97 98 28 29 98	-	]	

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