



**YoDAA** YOUTH  
DRUGS +  
ALCOHOL  
ADVICE

## HAPPINESS SCALE

This scale is to indicate your current (how you feel today)  
happiness in different areas of your life.

Next to each category circle the number that best represents your current happiness.  
Try not to let a score in one category affect scores in others.  
Rate each category completely separately.

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	completely unhappy																			completely happy
1.	Alcohol use/non use	1	2	3	4	5	6	7	8	9	10									
2.	Other drug use/non use	1	2	3	4	5	6	7	8	9	10									
3.	Relationship with girl/boyfriend	1	2	3	4	5	6	7	8	9	10									
4.	Relationship with friends	1	2	3	4	5	6	7	8	9	10									
5.	Relationship with parents/caregivers	1	2	3	4	5	6	7	8	9	10									
6.	School	1	2	3	4	5	6	7	8	9	10									
7.	Social activities	1	2	3	4	5	6	7	8	9	10									
8.	Recreational activities	1	2	3	4	5	6	7	8	9	10									
9.	Legal issues	1	2	3	4	5	6	7	8	9	10									
10.	Managing money	1	2	3	4	5	6	7	8	9	10									
11.	Emotions and feelings	1	2	3	4	5	6	7	8	9	10									
12.	Communication	1	2	3	4	5	6	7	8	9	10									
13.	General happiness	1	2	3	4	5	6	7	8	9	10									
14.	Other	1	2	3	4	5	6	7	8	9	10									