### QUALITY OF LIFE SCALE

**SURNAME:**

**SEX:**
- Male
- Female

**MARITAL STATUS:**
- Never Married
- Married
- Divorced
- Separated
- Widowed

**AGE:** [ ]

**RESIDENTIAL STATUS:**
- In Hospital
- In Other Institution
- At Home

**OCCUPATION:**
- Employed
- Unemployed
- Retired
- Homemaker
- Student
- Disabled

**DATE:**

<table>
<thead>
<tr>
<th>Physical Exercise</th>
<th>Mobility</th>
<th>Pain or Discomfort</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Physical exercise</td>
<td>Walking or climbing stairs</td>
<td>Pain or physical discomfort</td>
</tr>
<tr>
<td>A lot (150+ minutes/week of vigorous exercise)</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Some (60-150 minutes/week of vigorous exercise)</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Little (less than 60 minutes/week of vigorous exercise)</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Energy</th>
<th>Sleep</th>
<th>Appetite or Eating</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Fatigue or excessive energy</td>
<td>Under or over sleeping</td>
<td>Under or over eating</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sex</th>
<th>Vision or Hearing</th>
<th>Overall Physical Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little or no difficulty</td>
<td>Under or over sleeping</td>
<td>Fatigue or excessive energy</td>
</tr>
<tr>
<td>OR N/A</td>
<td>Under or over sleeping</td>
<td>OR N/A</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>OR N/A</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Family</th>
<th>Friends</th>
<th>Love Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Functioning with your family</td>
<td>Functioning with friends (or lacking friends)</td>
<td>Functioning with your romantic or sexual partner</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>OR N/A</td>
<td>OR N/A</td>
<td>OR N/A</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stress</th>
<th>School</th>
<th>Job</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current stress level</td>
<td>Functioning at school</td>
<td>Functioning at work</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>OR N/A</td>
<td>OR N/A</td>
<td>OR N/A</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Housekeeping</th>
<th>Financial Situation</th>
<th>Residence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housekeeping (cooking, cleaning, laundry etc.)</td>
<td>Financial situation and money management</td>
<td>Residence and neighborhood</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>OR N/A</td>
<td>OR N/A</td>
<td>OR N/A</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>OR N/A</td>
<td>OR N/A</td>
<td>OR N/A</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Reckless Risk Taking</th>
<th>Disrespect For The Law</th>
<th>Physical Violence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doing unnecessary, risky, dangerous activities, without regard for self-damaging consequences</td>
<td>Showing disrespect for normal law-abiding behavior</td>
<td>Being physically violent towards others (e.g. physical assault or property damage)</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Smoking</th>
<th>Alcohol Use</th>
<th>Drug or Medication Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>OR N/A</td>
<td>OR N/A</td>
<td>OR N/A</td>
</tr>
<tr>
<td>Some (but not chain smoking)</td>
<td>More than 3 drinks a day</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>OR N/A</td>
<td>OR N/A</td>
<td>OR N/A</td>
</tr>
<tr>
<td>A lot (chain smoking)</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
<tr>
<td>Condition</td>
<td>DO YOU HAVE A PROBLEM WITH ANY OF THESE?</td>
<td></td>
</tr>
<tr>
<td>-----------</td>
<td>-----------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Agoraphobia</td>
<td>Avoiding multiple panic-provoking situations that make one feel trapped, helpless, or embarrassed</td>
<td></td>
</tr>
<tr>
<td>Specific Phobia</td>
<td>Having unreasonable fear or panic due to one specific situation (e.g., flying, public speaking)</td>
<td></td>
</tr>
<tr>
<td>Panic Attacks</td>
<td>Having sudden, brief attacks of intense, unreasonable panic not due to a specific situation</td>
<td></td>
</tr>
<tr>
<td>Obsessions or Compulsions</td>
<td>Having unwanted, disturbing obsessive thoughts or feeling driven to perform compulsive rituals</td>
<td></td>
</tr>
<tr>
<td>Depressed Mood</td>
<td>Feeling down, depressed, or hopeless</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>Frequently feeling fearful or worried</td>
<td></td>
</tr>
<tr>
<td>Irritability</td>
<td>Easily angered, provoked, or annoyed</td>
<td></td>
</tr>
<tr>
<td>Guilt or Shame</td>
<td>Having frequent, persistent, or intense feelings of guilt or shame</td>
<td></td>
</tr>
<tr>
<td>Self-Harm</td>
<td>Having thoughts of deliberate self-harm or suicide OR showing severe self-neglect</td>
<td></td>
</tr>
<tr>
<td>Elated Mood</td>
<td>Feeling great happiness or exhilaration</td>
<td></td>
</tr>
<tr>
<td>Over-Talkativeness</td>
<td>Being unusually talkative, having a pressure to keep talking, or thoughts race from topic to topic</td>
<td></td>
</tr>
<tr>
<td>Hyperactivity</td>
<td>Having excessive energy and activity</td>
<td></td>
</tr>
<tr>
<td>Perceptual Dysregulation</td>
<td>Having odd or unusual perceptions e.g. feeling unreal, things looking unreal, out-of-body feeling</td>
<td></td>
</tr>
<tr>
<td>Unusual Beliefs or Experiences</td>
<td>Firmly believing a false belief (delusion) or false perception (hallucination) e.g. hearing “voices”</td>
<td></td>
</tr>
<tr>
<td>Disorganized Speech or Behavior</td>
<td>Speech is frequently derailed or incoherent; OR grossly disorganized or catatonic behavior</td>
<td></td>
</tr>
<tr>
<td>Distractibility</td>
<td>Difficulty concentrating on doing something for 10 minutes; easily distracted; poor attention span</td>
<td></td>
</tr>
<tr>
<td>Loss of Interest or Pleasure</td>
<td>Lacking interest or pleasure in doing one’s usual activities</td>
<td></td>
</tr>
<tr>
<td>Impaired Memory</td>
<td>Difficulty learning new things or remembering things (e.g., paying bills, appointments)</td>
<td></td>
</tr>
<tr>
<td>Impaired Reasoning</td>
<td>Difficulty analyzing and finding solutions to problems in day-to-day life; poor judgment</td>
<td></td>
</tr>
<tr>
<td>Impaired Communication</td>
<td>Difficulty understanding what people say or difficulty starting and maintaining a conversation</td>
<td></td>
</tr>
<tr>
<td>Restricted Repetitive Behaviors</td>
<td>Repetitive movements of objects; Interest fixed on a few things; Inflexible insistence on sameness</td>
<td></td>
</tr>
<tr>
<td>Impaired Self-Care</td>
<td>Having difficulty with keeping clean, bathing, dressing self, or using the toilet</td>
<td></td>
</tr>
<tr>
<td>Psychomotor Slowing</td>
<td>Thinking, speaking, or moving so slowly that it was noticeable to others</td>
<td></td>
</tr>
<tr>
<td>Confusion</td>
<td>Getting lost near home; not knowing “person, place or time”; too confused to drive a car</td>
<td></td>
</tr>
<tr>
<td>Institutional Care</td>
<td>Being in residential care (e.g. nursing or group home, institution or hospital)</td>
<td></td>
</tr>
<tr>
<td>Lack of Insight</td>
<td>Lacking understanding of (and willingness to change) one’s own personal problems</td>
<td></td>
</tr>
<tr>
<td>Usual Activities</td>
<td>Usual activities (i.e., occupational + social functioning + activities of daily living + recreation)</td>
<td></td>
</tr>
<tr>
<td>Copyright © 2004-2019 Phillip W. Long, M.D. (Permission Granted For Non-commercial Reprinting + Use In Research)</td>
<td>[Version 01/01/2019]</td>
<td></td>
</tr>
<tr>
<td>Low Self-Esteem</td>
<td>Pessimism</td>
<td>Rejection Hypersensitivity</td>
</tr>
<tr>
<td>----------------</td>
<td>-----------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>Having feelings of low self-worth or low self-confidence; feeling inferior</td>
<td>Seeing the worst aspect of things or believing that the worst will happen</td>
<td>Overly preoccupied with, and sensitive to, criticism or rejection</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Separation Anxiety</th>
<th>Submissiveness</th>
<th>Dependence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling uncomfortable or helpless when alone or when separated from caretakers</td>
<td>Willing to give in to others; meekly obedient or unassertive</td>
<td>Constantly looking to others for support and guidance</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intimacy Avoidance</th>
<th>Social Withdrawal</th>
<th>Restricted Emotions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avoidance of close, romantic, or sexually intimate relationships</td>
<td>Avoiding social contacts and activities</td>
<td>Being emotionally distant and unresponsive</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rigid Perfectionism</th>
<th>Over-Working</th>
<th>Overcontrolling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insisting on everything being flawless; holding self and others to unrealistically high standards</td>
<td>Being excessively dedicated to achieving success hence working to excess</td>
<td>Being rigid, stubborn, and over-controlling of others; reluctant to delegate tasks or control</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Attention Seeking</th>
<th>Promiscuity</th>
<th>Impulsivity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excessive attempts to attract and be the focus of the attention of others; admiration seeking</td>
<td>Brief, superficial relations, numerous affairs and an indiscriminate choice of sexual partners</td>
<td>Acting suddenly or rashly without a plan or consideration of the consequences</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emotional Instability</th>
<th>Unstable Self-Image/-Direction</th>
<th>Social Instability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unstable emotions that are easily aroused, intense, and/or out of proportion to events</td>
<td>Having unstable self-image (&quot;who-am-I&quot;) or self-direction (instability in values or career plans)</td>
<td>Having a pattern of unstable and intense social relationships</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Suspiciousness</th>
<th>Bearing Grudges</th>
<th>Feeling Victimized</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mistrusting others; excessively suspicious about the motives of others</td>
<td>Having persistent resentment; not forgiving an insult or injury; seeking revenge</td>
<td>Feeling that one has received cruel or unjust treatment</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Arrogance</th>
<th>Manipulation</th>
<th>Callousness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offensive display of superiority, self-importance, entitlement, or overbearing pride; often bragging</td>
<td>Using charm, ingratiation, giblness, or seduction to cheat or control others for personal gain</td>
<td>Lacking guilt about causing others harm; lacking empathy; cold and indifferent to others’ feelings</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hostility</th>
<th>Irresponsibility</th>
<th>Deceitfulness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using threats or force against others; being verbally abusive, bullying, mean, or vengeful</td>
<td>Failing to fulfill or honor commitments and obligations</td>
<td>Dishonesty and fraudulence; lying, stealing, or cheating others</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Moderate problems</td>
<td>Moderate problems</td>
<td>Moderate problems</td>
</tr>
<tr>
<td>Severe problems</td>
<td>Severe problems</td>
<td>Severe problems</td>
</tr>
<tr>
<td><strong>Self-Confidence</strong></td>
<td><strong>Optimism</strong></td>
<td><strong>No Rejection Hypersensitivity</strong></td>
</tr>
<tr>
<td>---------------------</td>
<td>--------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>Having faith in oneself or one's abilities; feeling successful</td>
<td>Having a positive outlook on life; expecting a good outcome; being hopeful</td>
<td>Showing little fear of social rejection or embarrassment</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes moderate problems</td>
<td>1 Lack of this causes moderate problems</td>
</tr>
<tr>
<td>Lack of this causes severe problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>No Separation Anxiety</strong></th>
<th><strong>Assertiveness</strong></th>
<th><strong>Independence</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Not feeling uncomfortable or helpless when alone or when separated from caretakers</td>
<td>Confidently expressing one's opinion; not being submissive</td>
<td>Not excessively relying on or being controlled by someone else</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes moderate problems</td>
<td>1 Lack of this causes moderate problems</td>
</tr>
<tr>
<td>Lack of this causes severe problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Intimacy Seeking</strong></th>
<th><strong>Gregariousness</strong></th>
<th><strong>Demonstrativeness</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wanting close relationships and intimate sexual relationships</td>
<td>Wanting to be in the company of others; wanting social contact</td>
<td>Showing one's feelings openly, especially affection</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes moderate problems</td>
<td>1 Lack of this causes moderate problems</td>
</tr>
<tr>
<td>Lack of this causes severe problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Pragmatism</strong></th>
<th><strong>Good Life-Work Balance</strong></th>
<th><strong>Flexibility</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Practical rather than perfectionistic; accepting “good enough” rather than demanding perfection</td>
<td>If working, setting aside sufficient time for one's social life and recreation</td>
<td>Being flexible and willing to compromise; being willing to delegate control to others</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>OR N/A</td>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes severe problems</td>
</tr>
<tr>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
<tr>
<td>Lack of this causes severe problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Genuineness</strong></th>
<th><strong>Chastity</strong></th>
<th><strong>Caution</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Being sincere and free from pretense; being authentic; not attention seeking or theatrical</td>
<td>Avoiding brief, superficial sexual relations and numerous sexual affairs</td>
<td>Thinking carefully before acting or speaking; taking care to avoid mistakes or danger</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes moderate problems</td>
<td>1 Lack of this causes moderate problems</td>
</tr>
<tr>
<td>Lack of this causes severe problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Emotional Stability</strong></th>
<th><strong>Stable Self-Image</strong></th>
<th><strong>Social Stability</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Having calm and stable moods</td>
<td>Having stable: self-image (“who-am-I”), core personal values, life goals and career plans</td>
<td>Having a pattern of stable and peaceful interpersonal relationships</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes moderate problems</td>
<td>1 Lack of this causes moderate problems</td>
</tr>
<tr>
<td>Lack of this causes severe problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Trust</strong></th>
<th><strong>Forgiveness</strong></th>
<th><strong>Gratitude</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling that it is safe to act without being unfairly embarrassed, cheated, or punished by others</td>
<td>Forgiving other people's honest mistakes; not bearing grudges or seeking revenge</td>
<td>Being thankful or appreciative for the kindness or benefits received</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes moderate problems</td>
<td>1 Lack of this causes moderate problems</td>
</tr>
<tr>
<td>Lack of this causes severe problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Humility</strong></th>
<th><strong>Generosity</strong></th>
<th><strong>Love</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Having a modest estimate of one's own importance; not being arrogant</td>
<td>Unselfishly giving or sharing (asking nothing in return); charity</td>
<td>Actively contributing to the well-being of others by showing caring, kindness, and compassion</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes moderate problems</td>
<td>1 Lack of this causes moderate problems</td>
</tr>
<tr>
<td>Lack of this causes severe problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Respect</strong></th>
<th><strong>Responsibility</strong></th>
<th><strong>Honesty</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Respecting others and treating them with dignity; making others feel appreciated; being polite</td>
<td>Fulfilling or honoring commitments and obligations</td>
<td>Not lying, stealing, cheating, or otherwise deceiving others; acting fairly</td>
</tr>
<tr>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
<td>Little or no difficulty</td>
</tr>
<tr>
<td>Lack of this causes moderate problems</td>
<td>Lack of this causes moderate problems</td>
<td>1 Lack of this causes moderate problems</td>
</tr>
<tr>
<td>Lack of this causes severe problems</td>
<td>Lack of this causes severe problems</td>
<td>2 Lack of this causes severe problems</td>
</tr>
</tbody>
</table>