



THE FEAR OF HAPPINESS SCALE

Although we often think positive feelings are a good thing, sometimes we can be anxious in allowing ourselves to feel positive. Below are a series of thoughts and feelings that people sometimes have. Read each statement carefully and circle the number that best describes how much each statement is true for you.

Please use the scale below.

	Not at all like me	A little bit like me	Moderately like me	Quite a bit like me	Extremely like me
	0	1	2	3	4
1. I worry that if I feel good something bad could happen	0	1	2	3	4
2. Feeling good makes uncomfortable	0	1	2	3	4
3. I find it difficult to trust positive feelings	0	1	2	3	4
4. Good feelings never last	0	1	2	3	4
5. When you are happy you can never be sure that something is not going to hit you out of the blue	0	1	2	3	4
6. If you feel good you let your guard down	0	1	2	3	4
7. I don't let myself get too excited about positive things or achievements.	0	1	2	3	4
8. I feel I don't deserve to be happy	0	1	2	3	4
9. I am frightened to let myself become too happy	0	1	2	3	4



SCORING

Simply sum all the items

DESCRIPTION

The Fear of Happiness Scale

This 9-item scale explores people's perceptions and anxieties around feeling happy and having positive feelings in general (e.g. "I feel I don't deserve to be happy"). Items concern the extent to which each statement is true to the participants and are rated on a five-point Likert scale ranging from 0 ("Not at all like me") to 4 ("Extremely like me"). Items were generated from statements made during therapy sessions with author PG (e.g., 'I worry that if I feel good something bad could happen') and were rated for face validity by the research team. This scale yielded a good Cronbach's alpha of .90.

REFERENCE

Gilbert, P., McEwan, K., Gibbons, L., Chotai, S., Duarte, J., & Matos, M. (2012). Fears of compassion and happiness in relation to alexithymia, mindfulness, and self-criticism. *Psychology and Psychotherapy: Theory, Research and Practice*, 85, 374-390.