

The Search for Meaning Screen Test (SMST)

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The SMST was designed to provide an index of both the positive and negative reasons for meaning quest. If you check **Yes** to more than 12 of the 24 questions, you will benefit from participate in the meaningful living project.

1. Are you seeking a deeper understanding of the real you? Y or N
2. Do you want to better understand your place in the world? Y or N
3. Do you want to determine what really matters in life? Y or N
4. Do you want to learn more about your strengths and weaknesses? Y or N
5. Do you want to learn how to live well and die well? Y or N
6. Are you seeking confirmation of your calling? Y or N
7. Do you want to learn how to live an authentic, vital and rewarding life? Y or N
8. Do you want to learn how to achieve a high level of well-being? Y or N
9. Do you want to pack more meaning and purpose in your life? Y or N
10. Are you seeking to understand the mysteries and paradoxes of life? Y or N
11. Are you engaged in a spiritual quest for God or a higher power? Y or N
12. Do you want to make a positive contribution to the world? Y or N
13. Are you dissatisfied with your pleasant job or life situation? Y or N
14. Are you uncomfortable in your own skin? Y or N
15. Are you sick and tired of being YOU? Y or N
16. Do you feel that your striving is pointless and futile? Y or N
17. Do you still feel empty and unhappy in spite of your successes? Y or N
18. Are you going through a stage of life transition? Y or N
19. Do you have problems with close relationships? Y or N
20. Do you feel alienated and displaced? Y or N
21. Are you worried about change and the uncertainties of your future? Y or N
22. Are you afraid of death and dying? Y or N
23. Are you struggling with your personal issues? Y or N
24. Are you troubled by the question why bad things happen to you? Y or N

The first 12 questions are concerned with positively oriented search for meaning, while the next 12 questions are concerned with negatively oriented search for meaning.