

HILS

Instructions

Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

1 – Strongly disagree

2 – Disagree

3 – Slightly disagree

4 – Neither agree nor disagree

5 – Slightly agree

6 – Agree

7 – Strongly agree

_____ My lifestyle allows me to be in harmony

_____ Most aspects of my life are in balance

_____ I am in harmony

_____ I accept the various conditions of my life

_____ I fit in well with my surroundings

_____ Min livsstil tillåter mig att vara harmonisk.

_____ De flesta delar i mitt liv är i balans.

_____ Jag är harmonisk.

_____ Jag accepterar de olika omständigheterna i mitt liv.

_____ Jag passar bra in i min omgivning.