

## 靈性安適量表 (Spiritual Well-Being Scale)

請依照您的個人經驗，圈選您對下列句子的同意程度。

SA = 完全同意

D = 不同意

MA = 相當同意

MD = 相當不同意

A = 同意

SD = 完全不同意

|          |          |    |     |           |           |
|----------|----------|----|-----|-----------|-----------|
| 完全<br>同意 | 相當<br>同意 | 同意 | 不同意 | 相當<br>不同意 | 完全<br>不同意 |
|----------|----------|----|-----|-----------|-----------|

- |                                   |    |    |   |   |    |    |
|-----------------------------------|----|----|---|---|----|----|
| 1. 我並沒有從獨自向神的禱告中獲得很大的滿足。.....     | SA | MA | A | D | MD | SD |
| 2. 我不知道自己是誰、我從哪裡來、或我會往哪裡去。.....   | SA | MA | A | D | MD | SD |
| 3. 我相信神愛我且關心我。.....               | SA | MA | A | D | MD | SD |
| 4. 我覺得人生是個正向積極的體驗。.....           | SA | MA | A | D | MD | SD |
| 5. 我相信神是冷淡的，而且對我的日常生活情況不感興趣。..... | SA | MA | A | D | MD | SD |
| 6. 我對於未來感到徬徨不安。.....              | SA | MA | A | D | MD | SD |
| 7. 我與神之間擁有有意義的個人關係。.....          | SA | MA | A | D | MD | SD |
| 8. 我對我的人生感到很滿足也很滿意。.....          | SA | MA | A | D | MD | SD |
| 9. 我並沒有從神那裡得到很多的力量和支持。.....       | SA | MA | A | D | MD | SD |
| 10. 我對自己人生所朝的方向感到幸福安穩。.....       | SA | MA | A | D | MD | SD |
| 11. 我相信神關注我的問題。.....              | SA | MA | A | D | MD | SD |
| 12. 我不太享受我的人生。.....               | SA | MA | A | D | MD | SD |
| 13. 我和神之間沒有令人滿意的個人關係。.....        | SA | MA | A | D | MD | SD |
| 14. 我覺得我的未來是美好的。.....             | SA | MA | A | D | MD | SD |
| 15. 我與神之間的關係幫助我感到不孤單。.....        | SA | MA | A | D | MD | SD |
| 16. 我覺得人生充滿著衝突和不快樂。.....          | SA | MA | A | D | MD | SD |
| 17. 我覺得最滿足的時候是當我和神有密切交流的時候。.....  | SA | MA | A | D | MD | SD |
| 18. 人生沒什麼意義。.....                 | SA | MA | A | D | MD | SD |
| 19. 我與神的關係有助於我的幸福安穩感。.....        | SA | MA | A | D | MD | SD |
| 20. 我相信我的人生擁有一些真正的目標。.....        | SA | MA | A | D | MD | SD |

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