

Sense of Coherence – Orientation to Life Questionnaire

The Orientation to Life questionnaire has 29 questions regarding different areas in your life. Each question has 7 alternative answers – circle the answer (only one answer) that you feel is the answer closest “to heart” for you. There is no “right” or “wrong” answer so be honest to yourself.



1. When you talk to people, do you have the feeling that they don't understand you?

1	2	3	4	5	6	7
Never						Always have this feeling

2. In the past, when you had to do something which depended upon cooperation with others, did you have the feeling that it:

1	2	3	4	5	6	7
Surely wouldn't get done						Surely would get done

3. Think of the people with whom you come into contact daily, aside from the ones to whom you feel closet. How well do you know most of them?

1	2	3	4	5	6	7
You feel that they're strangers						You know them very well

4. Do you have the feeling that you don't really care about what goes on around you?

1	2	3	4	5	6	7
Very seldom						Very often

5. Has it happened in the past that you were surprised by the behaviour of people whom you thought you knew well?

1 2 3 4 5 6 7

Never happened Always happened

6. Has it happened that people whom you counted on disappointed you?

1 2 3 4 5 6 7

Never happened Always happened

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7. Life is:

1	2	3	4	5	6	7
Full of interest						Completely routine

8. Until now your life has had:

1	2	3	4	5	6	7
No clear goals or purpose at all						Very clear goals and purpose

9. Do you have the feeling that you're being treated unfairly?

1	2	3	4	5	6	7
Very often						Very seldom/never

10. In the past ten years your life has been:

1	2	3	4	5	6	7
Full of charges without your knowing what will happen next						Completely consistent and clear

11. Most of the things you do in the future will probably be:

1	2	3	4	5	6	7
Completely fascinating						Deadly boring

12. Do you have the feeling that you are in an unfamiliar situation and don't know what to do?

1	2	3	4	5	6	7
Very often						Very seldom/never

13. What best describes how you see life?

1	2	3	4	5	6	7
One can always find a solution to painful things in life						There is no solution to painful things in life



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14. When you think about your life, you very often:

1	2	3	4	5	6	7
Feel how good it is to be alive						Ask yourself why you exist at all

15. When you face a difficult problem, the choice of a solution is:

1	2	3	4	5	6	7
Always confusing and hard to find						Always completely clear

16. Doing the things you do every day is:

1	2	3	4	5	6	7
A source of deep pleasure and satisfaction						A source of pain and boredom

17. Your life in the future will probably be:

1	2	3	4	5	6	7
Full of changes without knowing what will happen next						Completely consistent and clear

18. When something unpleasant happened in the past your tendency was:

1	2	3	4	5	6	7
"To eat yourself up" about it						To say "ok that's that, I have to live with it" and go on

19. Do you have very mixed-up feelings and ideas?

1	2	3	4	5	6	7
Very often						Very seldom/never



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20. When you do something that gives you a good feeling :

1	2	3	4	5	6	7
It's certain that you'll go on feeling good						It's certain that something will happen to spoil the feeling

21. Does it happen that you have feelings inside you would rather not feel?

1	2	3	4	5	6	7
Very often						Very seldom/never

22. You anticipate that your personal life in the future will be:

1	2	3	4	5	6	7
Totally without meaning/purpose						Full of meaning and purpose

23. Do you think that there will always be people whom you'll be able to count on in the future?

1	2	3	4	5	6	7
You're certain there will be						You doubt there will be

24. Does it happen taht you have the feeling that you don't know exactly what's about to happen?

1	2	3	4	5	6	7
Very often						Very seldom/never

25. Many people – even those with a strong character – sometimes feel like sad sacks (losers) in certain situations. How often have you felt this way in the past?

1	2	3	4	5	6	7
Never						Very often

26. When something happened, have you generally found that:

1	2	3	4	5	6	7
You over- or underestimated its importance						You saw things in the right proportions



27. When you think of the difficulties you are likely to face in important aspects of your life, do you have the feeling that:

1	2	3	4	5	6	7
You will always succeed in overcoming the difficulties			You won't succeed in over- coming the difficulties			

28. How often do you have the feeling that there's little meaning in the things you do in your daily life?

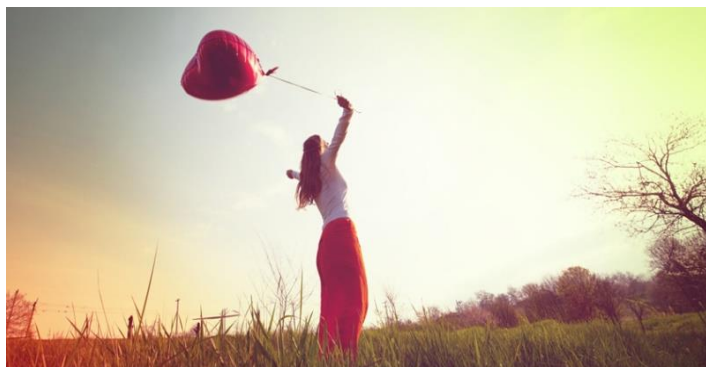
1	2	3	4	5	6	7
Very often					Very seldom/never	

29. How often do you have feelings that you're not sure you can keep under control?

1	2	3	4	5	6	7
Very often					Very seldom/never	

Results

The results are counted by the following method: Start by "turning the numbers around" for questions 1, 4, 5, 6, 7, 11, 13, 14, 16, 20, 23, 25, 27 – alternative 7 will give you 1 point and alternative 1 will give you 7 points. Do this for all the above mentioned questions. For the remaining questions the points are counted in the order they are mentioned – alternative 1 will give you 1 point and alternative 7 will give you 7 points.



Write down the total sum of your points for questions 4, 7, 8, 11, 14, 16, 22 and 28 next by the letter M below.

Write down the total sum of your points for questions 1, 5, 10, 12, 15, 17, 19, 21, 24 and 26 by the letter B below.

Write down the total sum of your points for questions 2, 6, 9, 13, 18, 20, 23, 25, 27 and 29 by the letter H below.

M: points **B:** points **H:** points

Count the totals for M + B + H and add the points for question 3. Write your total amount below.

SOC: total points

Interpretation

M relates to your perceived meaningfulness of life, B to your perceived understanding of your existence and H relates to your perceived ability to handle/control events in your life. Combined,



these three areas together form the foundation for our “sense of coherence” (SOC). It’s been scientifically proved that our sense of coherence has a very strong connection to our perceived sense of happiness and good health.

A perceived healthy and happy individual ranges around 140 points. If your points are between 160 to 190 your SOC is very strong. This means that you are more likely to better handle “hardships” or challenges than an

individual with totals ranging between 70-120 points. Any totals above 190 points or below 70 points are considered to be faulty, possibly due to misinterpretation of the instructions or untruthful answers to the questions asked.

If you want to know more about how to interpret your results – or if you’d like to find out more about how our Life Consultants can help you to a higher sense of purpose, success and abundance – get in touch with us! You can reach us at gustolifegroup@gmail.com
