APPENDIX - VII

THE LADDER OF LIFE SCALE

INSTRUCTIONS

In the given ladder the tenth step represents the best possible life and the bottom the worst. With this in mind, please answer the following questions with a tick (✓) mark in the appropriate step of the ladder.

Best possible life

1. Where on the ladder do you feel personality stand now?

Step number

2. Where do you expect to stand 5 years from now?

Step number

The worst possible life