

This survey is adapted from the Panorama Well-Being Survey, developed by Dr. Samuel Moulton and Dr. Hunter Gehlbach. It “exists as a set of three scales, or groups of survey questions, each focused on a single construct, or topic: Positive Feelings, Challenging Feelings, and Supportive Relationships. Each of these constructs is grounded in scholarly literature. For example, because pleasant and unpleasant emotions have separate evolutionary origins, brain systems, and behavioral correlates, we measure them in separate topics.” ([Panorama Well-Being Survey User Guide](#), p. 2). Use this with students or small group participants. This can be a conversation or used as a questionnaire.

Positive Feelings

During the past week, how often did you feel....?

(almost never, once in a while, sometimes, often, almost always)

- ❖ Excited
- ❖ Happy
- ❖ Loved
- ❖ Safe
- ❖ Hopeful

Challenging Feelings

During the past week, how often did you feel....?

(almost never, once in a while, sometimes, often, almost always)

- ❖ Angry
- ❖ Lonely
- ❖ Sad
- ❖ Worried
- ❖ Frustrated

Supportive Relationships

- ❖ Do you have a person you can count on to help you no matter what?
- ❖ Do you have people who you can be completely yourself around?
- ❖ What can this group do to better help you?