

To whom it may concern:

Thank you for your interest in the Caring for Bliss Scale (CBS). Please feel free to use the scale in your research. The appropriate reference is listed below.

Best,

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Reference: Rudaz, M., Ledermann, T., May, R. W., & Fincham, F. D. (2020). A brief scale to measure caring for bliss: Conceptualization, initial development, and validation. *Mindfulness, 11*, 615-626.
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Coding: The items are rated on a 5-point scale ranging from 0 (never) to 4 (regularly). A total score can be computed by calculating the mean of the four items.

Caring for Bliss Scale (CBS)

Please indicate, how often each of the following statements are true for you.

Rating scale: Never (0), Rarely (1), Sometime (2), Often (3), Regularly (4)

1. I can generate a feeling of happiness in the here and now.
2. I search for lasting happiness inside myself, rather than outside of myself.
3. I take time to acknowledge the things for which I am grateful.
4. I listen deeply to my heart.