

Donna Jackson Nakazawa



Joy and Contentment Quotient Inventory (JCQ-Inventory)

by Donna Jackson Nakazawa and Marla Sanzone, PhD

The Joy and Contentment Quotient Inventory* was originally designed by Marla Sanzone, PhD, and me, as a tool to help you focus on where you are now in terms of the degree of calm, peace, and joy that you're able to feel in your daily life, and how able you are to be present and feel a deep sense of contentment in your current lived experience.

Select 1–10, according to the degree to which each statement applies to you or accurately describes your recent (past three months) perception(s).

1 = does not apply to me much at all / hardly describes my perception at all.

10 = nearly completely describes my perception / applies to me.

1. I feel deserving of a calm mind and a joyful life.

1 2 3 4 5 6 7 8 9 10

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2. I am more self-critical and judgmental than I wish I were.

1 2 3 4 5 6 7 8 9 10

3. I recognize and value the unique contributions I bring to the world.

1 2 3 4 5 6 7 8 9 10

4. In general, my negative feelings and thoughts impact my ability to fully engage with my life, including but not limited to people and situations or events.

1 2 3 4 5 6 7 8 9 10

5. I am more critical and judgmental of others than I wish I were.

1 2 3 4 5 6 7 8 9 10

6. I am touched or moved emotionally by things in my environment every day that remind me of the goodness around me.

1 2 3 4 5 6 7 8 9 10

7. Generally speaking, my feelings or emotional states overwhelm me.

1 2 3 4 5 6 7 8 9 10

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8. At least once a week, I allow myself to be spontaneous and playful without feeling guilty, despite my daily obligations and responsibilities.

1 2 3 4 5 6 7 8 9 10

9. My feelings provide me information, but they do not control me nor my decisions.

1 2 3 4 5 6 7 8 9 10

10. In going about my daily routine, I have difficulty being productive or completing necessary tasks without detaching from or shutting off my emotions.

1 2 3 4 5 6 7 8 9 10

11. I know specific things I want or need to change in my life, but I have a hard time putting forth sufficient effort to effectively implement them.

1 2 3 4 5 6 7 8 9 10

12. I am open to new and different interpretations of my experiences.

1 2 3 4 5 6 7 8 9 10

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Scoring:

For questions 1, 3, 6, 8, 9, and 12: add up the exact numerical value of each answer you circled. For instance, if you circled a “4” for question 1, and a “7” for 3, add 4 and 7 and continue to add the number value of each answer for these questions.

Put your score here: _

For questions 2, 4, 5, 7, 10, and 11, add up your scores in the reverse direction. In other words, a “1” gets 10 points whereas a “10” gets 1 point. A “2” would get 9 points. A “4” would be 7 points and so on.

This chart can help:

1=10	6=5
2=9	7=4
3=8	8=3
4=7	9=2
5=6	10=1

Put your score here: _

Now, add up your two scores: _

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Less than 38 total points: Significantly less contentment and considerably fewer moments of joy than most report experiencing. Could benefit from concerted effort toward increasing both for greater life satisfaction and feelings of well-being.

39–59 points: Occasional but not frequent sense of general contentment and few moments of joy that you are likely not inclined to expect. Average or “middle of the road” sense of life satisfaction and well-being. You may desire more experiences of joy and an increased sense of happiness but may recognize a tendency toward pessimism and a general belief that you don’t deserve or shouldn’t expect more positive experiences than you have.

60–78 points: General sense of contentment and occasional moments of joy that you look forward to and work toward. Above average sense of life satisfaction and overall positive view of self and the world around you. You believe you deserve a satisfying life, generally are not overly pessimistic, and at times have a relatively optimistic but not idealistic worldview.

Above 79 points: Considerably higher sense of contentment and fairly frequent experiences of joy. Greater general life satisfaction and well-being than most. You tend toward optimism and at times even idealism, which you are likely to find refreshing and fun.