

Goal Adjustment Scale (GAS)

During their lives people cannot always attain what they want and are sometimes forced to stop pursuing the goals they have set. We are interested in understanding how you usually react when this happens to you. Please indicate the extent to which you agree or disagree with each of the following statements, as it usually applies to you.

If I have to stop pursuing an important goal in my life...	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. It's easy for me to reduce my effort towards the goal.					
2. I convince myself that I have other meaningful goals to pursue.					
3. I stay committed to the goal for a long time; I can't let it go.					
4. I start working on other new goals.					
5. I think about other new goals to pursue					
6. I find it difficult to stop trying to achieve the goal.					
7. I seek other meaningful goals.					
8. It's easy for me to stop thinking about the goal and let it go.					
9. I tell myself that I have a number of other new goals to draw upon.					
10. I put effort toward other meaningful goals.					

Scoring:

Strongly Disagree = 1
Disagree = 2
Neutral = 3
Agree = 4
Strongly Agree = 5

Computation:

Goal Disengagement Scale:

Sum items #1, #3, #6, and #8 (Item #3 and #6 need to be reversed coded prior to scale computation (i.e., change 1 to 5, 2 to 4, 4 to 2, and 5 to 1).

Goal Reengagement Scale:

Sum items #2, #4, #5, #7, #9, and #10

Reference:

Wrosch, C., Scheier, M. F., Miller, G. E., Schulz, R., & Carver, C. S. (2003). Adaptive self-regulation of unattainable goals: Goal disengagement, goal reengagement, and subjective well-being. Personality and Social Psychology Bulletin, 29, 1494-1508.