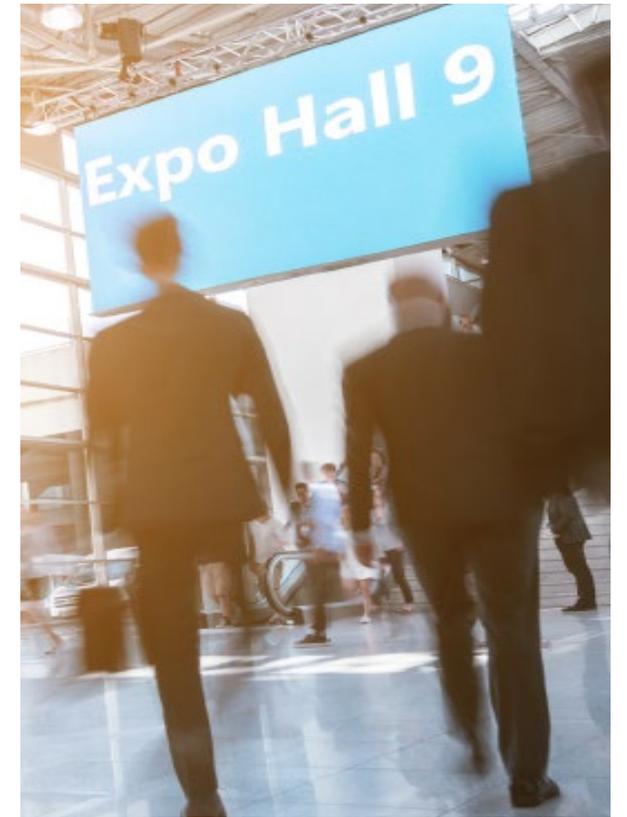


# Measure Disposition Toward Awe

When it comes to wonder, one must be open. Measuring one's tendency to feel awe can be a way to determine how open we really are to having and creating more. For those in events, the scale can be applied to a participant's journey throughout the event. Use this in planning to lay out the emotional arc of an experience.

The **Dispositional Positive Emotion Scale** (DPES) is a well-validated self-report measure of the tendency to feel several distinct positive emotions including joy, contentment, pride, love, compassion, amusement and awe on an enduring, trait-level basis (Shiota, Keltner & John, 2006, *The Journal of Positive Psychology*). Taken here is just the awe subscale of the DPES.



## Awe Subscale of DPES

On the following page, mark how often each of the statements can be true for you in one week. To calculate your tendency to feel awe in general, add all the answers and divide by 6.

# Dispositional Positive Emotion Scale

Dispositional Positive Emotion Scale	1 Strongly Disagree	2 Moderately Disagree	3 Somewhat Disagree	4 Neutral	5 Somewhat Agree	6 Moderately Agree	7 Strongly Agree
I often feel awe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I see beauty all around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel wonder almost every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often look for patterns in the objects around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have many opportunities to see the beauty of nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seek out experiences that challenge my understanding of the world	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Read each statement and mark the appropriate box on a scale from 1 (Strongly Disagree) to 7 (Strongly Agree). Add up the numbers and divide by 6.

# Interpreting the DPES Scale

Number Total	Divided by	6	= My DPES Score
	/	6	=

The intent is to move toward more agreement in each of the questions, increasing the openness to seek more opportunities, and to **actually experience** awe. Paying attention and being mindful of when we actually experience awe is a necessity for these questions. That's on purpose. Paying attention to what's happening around us, while noticing what's good around us, ultimately doing the work to not only seek out, but to also notice, and appreciate.

The current average noted by the authors is **2.5 awe experiences per week**. If you are having more than that, **wonderful**, your brain and body are benefitting.

And if you hope to have more, several ideas for opportunities to seek out more awe experiences that challenge your understanding of the world are explored in [Wired for Wonder](#).