

State Moral Elevation Scale (SMES)

Instructions: To what extent did you experience each of the following statements while [insert time/context specifier].

	<i>Not at all</i>	<i>A little</i>	<i>Moderately</i>	<i>Quite a bit</i>	<i>Extremely</i>
1. Motivated to live in a nobler or virtuous way.	0	1	2	3	4
2. “Choked up” (a lump feeling in my throat).	0	1	2	3	4
3. Warm or glowing feeling in my chest.	0	1	2	3	4
4. Somehow “lifted up” or in touch with the better parts of myself.	0	1	2	3	4
5. Chills, tingles, or goosebumps.	0	1	2	3	4
6. Want to be more like the person(s) who did the good deed.	0	1	2	3	4
7. Inspired.	0	1	2	3	4
8. More open and loving towards people in general.	0	1	2	3	4
9. Want to become a better person.	0	1	2	3	4

Scoring: Sum scores for all items for a total score.

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