

Table 2: Specific SABS item correlation with each well-being scale and an average of the 3 well-being scales

SABS Item	Average Of 3 scales	Flourish	SWL	Emotions	2014 Average (where available)	Prediction by Stoic experts
<i>*22. I spend quite a lot of time dwelling on what's gone wrong the past or worrying about the future</i>	0.46	0.41	0.41	0.54	.46	HIGH*
18. I am good at controlling my urges and impulses when that's better for me in the long run	0.34	0.39	0.31	0.32	-	MEDIUM
31. When making a significant decision I ask myself "What really matters here?" and then look for the option that satisfies the things that are most important.	0.32	0.39	0.29	0.28	-	MEDIUM
27. I do the right thing even when I feel afraid.	0.32	0.43	0.26	0.27	-	MEDIUM
24. When an upsetting thought enters my mind the first thing I do is remind myself it's just an impression in my mind and not the thing it claims to represent	0.29	0.32	0.23	0.32	.34	HIGH
23. I make an effort to pay continual attention to the nature of my judgments and actions.	0.24	0.34	0.18	0.20	.31	HIGH
13. I consider myself to be a part of the human race, in the same way that a limb is a part of the human body. It is my duty to contribute to its welfare.	0.23	0.33	0.17	0.20	.24	HIGH
25. Viewing other people as fellow-members of the brotherhood of humankind helps me to avoid feeling anger and resentment	0.23	0.27	0.20	0.23	-	HIGH
19. I try to contemplate what the ideal wise and good person would do when faced with various misfortunes in life	0.22	0.29	0.17	0.21	.22	HIGH
26. Recognising that only virtue matters enables me to face life's transience and my approaching death	0.22	0.26	0.19	0.21	-	HIGH
21. I treat everybody fairly even those I don't like or don't know very well	0.22	0.28	0.15	0.23	-	HIGH
<i>*17. If I was honest I'd have to admit that I often do what is enjoyable and comfortable rather than doing what I believe to be the right thing</i>	0.21	0.27	0.16	0.20	.23	MEDIUM*
2. It doesn't really matter what other people think about me as long as I do the right thing	0.21	0.22	0.17	0.23	.26	MEDIUM
11. I think about my life as an ongoing	0.20	0.28	0.16	0.16	-	MEDIUM

project in ethical development						
12. To flourish as a human being all you need is rationality and a good character; things like money, status, health and good luck are not essential	0.18	0.17	0.18	0.19	.18	HIGH
28. I feel sensitive to the suffering of others and take active steps to reduce suffering	0.17	0.31	0.11	0.10	-	LOW
15. I try to anticipate future misfortunes and rehearse rising above them	0.17	0.20	0.16	0.15	.16	MEDIUM
<i>*29. Happiness depends on things going well for me and my family and friends</i>	<i>0.15</i>	<i>0.12</i>	<i>0.14</i>	<i>0.20</i>	-	<i>MEDIUM*</i>
5. Peace of mind comes from abandoning fears and desires about things outside our control.	0.15	0.16	0.14	0.15	.18	HIGH
1. As long as you have the right attitude, you can lead a good life even in the worst of conditions, such as being tortured or being held prisoner	0.14	0.16	0.12	0.14	.19	MEDIUM
6. If bad things happen to you, you are bound to feel upset	0.14	0.10	0.10	0.21	.16	MEDIUM
8. The only things truly under our control in life are our judgements and voluntary actions	0.13	0.14	0.09	0.15	.14	HIGH
14. The cosmos is a single, wise, living thing	0.12	0.16	0.10	0.09	.1	MEDIUM
10. Virtue (or human excellence) consists in perfecting our rational nature, through cultivating wisdom	0.11	0.13	0.06	0.12	.17	HIGH
16. I often contemplate the smallness and transience of human life in relation to the totality of space and time.	0.10	0.13	0.09	0.09	.12	MEDIUM
<i>*30. We have to accept that some things that matter a lot for our happiness are outside our control</i>	<i>0.10</i>	<i>0.06</i>	<i>0.11</i>	<i>0.12</i>	-	<i>MEDIUM*</i>
<i>*3. It can sometimes be a good thing to get angry when people are really rude, selfish or inconsiderate</i>	<i>0.08</i>	<i>0.04</i>	<i>0.05</i>	<i>0.14</i>	<i>.09</i>	<i>MEDIUM*</i>
<i>*4. It's more important to feel good than to do good.</i>	<i>0.05</i>	<i>0.09</i>	<i>0.02</i>	<i>0.06</i>	<i>.07</i>	<i>MEDIUM*</i>
<i>*9. You should go wherever your emotions leads you</i>	<i>0.02</i>	<i>0.01</i>	<i>0.02</i>	<i>0.04</i>	-	<i>HIGH*</i>
<i>*7. There's no such thing as "good" and "bad"; it's a matter of personal or cultural opinion</i>	<i>-0.04</i>	<i>-0.04</i>	<i>0.04</i>	<i>-0.04</i>	-	<i>LOW*</i>
<i>*20. If you treat other people properly they are bound to like and respect you</i>	<i>-0.12</i>	<i>-0.15</i>	<i>0.12</i>	<i>-0.10</i>	-	<i>LOW*</i>