

Here are 10 questions which ask you to think about different areas of your life. These cover areas that many people find important. There is no 'right' or 'wrong' answer. The interesting and important issue is to think about how life is for you *at the present time*.

The last question asks you to comment on this questionnaire itself – how well does it cover areas of life that are important to you? If we have missed out an area of life that is important to you, please let us know by writing a comment on this questionnaire.

Please circle the number alongside each statement to indicate which of the following choices is most true for you.

1: completely 2: moderately 3: not at all

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|----|--|-----------|
| 1 | My living situation is safe and feels like a home to me. | 1 ~ 2 ~ 3 |
| 2 | I am able to both give and receive appreciation and attention | 1 ~ 2 ~ 3 |
| 3 | I have a sense of independence and I am in control of important decisions about my life. | 1 ~ 2 ~ 3 |
| 4 | I have someone I can trust and whom I can turn to for help | 1 ~ 2 ~ 3 |
| 5 | I have at least one close, mutual (give and take) relationship | 1 ~ 2 ~ 3 |
| 6 | I have privacy, time and space to think about myself and my life | 1 ~ 2 ~ 3 |
| 7 | I have roles and responsibilities which are valued by others. | 1 ~ 2 ~ 3 |
| 8 | I have opportunities in my life to use my personal strengths, skills and talents. | 1 ~ 2 ~ 3 |
| 9 | I feel of equal value to others. | 1 ~ 2 ~ 3 |
| 10 | I have a sense of meaning and purpose in life and feel hopeful about the future | 1 ~ 2 ~ 3 |

additional questions

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| 11 | How well do these questions cover the important areas of your life? | 1 ~ 2 ~ 3 |
| 12 | What other important areas of life would you like to include? | |
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| 13 | And how well is that working out for you? | 1 ~ 2 ~ 3 |