## **QUALITY OF LIFE ASSESSMENT**

1) Circle the number below which best describes how much in control of your own life you feel these days.

| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |
|--|---|---|---|-------------------------------|---|---|---|---|--------------------------------|
| 2) Circle the number below that best describes your emotional tension these days.                                      |   |   |   |                               |   |   |   |   |                                |
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |
| 3) Circle the number below that best describes your feeling of depression these days.                                  |   |   |   |                               |   |   |   |   |                                |
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |
| <ol> <li>Circle the number below that best describes how satisfied you are with life as a whole these days.</li> </ol> |   |   |   |                               |   |   |   |   |                                |
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |
| 5) Circle the number below that best describes how satisfied you are with your health these days.                      |   |   |   |                               |   |   |   |   |                                |
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |
| 6) Circle the number below that best describes how satisfied you are with your job these days.                         |   |   |   |                               |   |   |   |   |                                |
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |
| <ol> <li>Circle the number below that best describes how satisfied you are with your home life these days.</li> </ol>  |   |   |   |                               |   |   |   |   |                                |
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |

| 8) Circle the number below that best describes how optimistic you are about your health during the next five years.          |   |   |   |                               |   |   |   |   |                                |  |
|--|---|---|---|-------------------------------|---|---|---|---|--------------------------------|--|
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |  |
| 9) Circle the number below that best describes how optimistic you are about your life as a whole during the next five years. |   |   |   |                               |   |   |   |   |                                |  |
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |  |
| 10) Circle the number that best describes how happy you are these days, all things considered.                               |   |   |   |                               |   |   |   |   |                                |  |
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |  |
| 11) Circle the number below that best describes how much fun and playfulness you are having these days.                      |   |   |   |                               |   |   |   |   |                                |  |
| 1<br>Not all all<br>In control   | 2 | 3 | 4 | 5<br>Moderately<br>In control | 6 | 7 | 8 | 9 | 10<br>Completely<br>In control |  |
|  |   |   |   |                               |   |   |   |   |                                |  |

12) Circle the number below that best describes your self-esteem or self-liking these days.

| 1                         | 2 | 3 | 4 | 5                    | 6 | 7 | 8 | 9 | 10                       |
|---------------------------|---|---|---|----------------------|---|---|---|---|--------------------------|
| Not all all<br>In control |   |   |   | Moderat<br>In contro |   |   |   |   | Completely<br>In control |

## Learning from Your Quality of Life Questions

- 1) How satisfied are you with the picture you see of yourself through these scores?
- 2) Which scores would you especially like to improve? Why?
- 3) What would it take, within yourself or within your life circumstances, or both, to improve your scores?