

Client Name or ID _____

Instructions: The questions ask you about your feelings and experiences during the last month. In each case please indicate with a tick how often you felt or behaved a certain way.

Questions	Never (1)	Almost Never (2)	Some-times (3)	Fairly Often (4)	Very Often (5)	Office Use only
1. In the last month how often have you felt secure in all major areas of your life?						
2. In the last month how often have you felt that you have received enough attention?						
3. In the last month how often have you felt in control of your life?						
4. In the last month how often do you feel you have been able to have some influence over local issues affecting you?						
5. In the last month how often have you felt a strong connection with friends?						
6. In the last month how often have you had the time for reflection?						
7. In the last month how often have you interacted with people from your wider community?						
8. In the last month how often have you engaged in hobbies / sports activities with others?						
9. In the last month how often have you felt you have had status that is acknowledged?						
10. In the last month how often have you felt valued and respected by your friends?						
11. In the last month how often have you felt you are achieving something in your life?						
12. In the last month how often have you felt competent in your main occupation?						
13. In the last month how often have you felt that there are people who need you?						
14. In the last month how often have you felt that life is meaningful?						