

# WELL BEING SCALE

## BASIC NEEDS

Below are listed a number of basic needs. For each need listed, think about your life over the past three months. During this period of time, indicate to what extent you think each need has been met. Circle the appropriate number on the scale provided below.

1. Never or almost never      3. Sometimes      5. Almost always  
2. Seldom, occasionally      4. Often, frequently

1. Having enough money	1	2	3	4	5
2. Eating a well-balanced diet	1	2	3	4	5
3. Getting enough sleep	1	2	3	4	5
4. Attending to your medical and dental needs	1	2	3	4	5
5. Having time for recreation	1	2	3	4	5
6. Feeling loved	1	2	3	4	5
7. Expressing love	1	2	3	4	5
8. Expressing anger	1	2	3	4	5
9. Expressing laughter and joy	1	2	3	4	5
10. Expressing sadness	1	2	3	4	5
11. Enjoying sexual intimacy	1	2	3	4	5
12. Learning new skills	1	2	3	4	5
13. Feeling worthwhile	1	2	3	4	5
14. Feeling appreciated by others	1	2	3	4	5
15. Feeling good about family	1	2	3	4	5
16. Feeling good about yourself	1	2	3	4	5
17. Feeling secure about the future	1	2	3	4	5
18. Having close friendships	1	2	3	4	5
19. Having a home	1	2	3	4	5
20. Making plans about the future	1	2	3	4	5
21. Having people who think highly of you	1	2	3	4	5
22. Having meaning in your life	1	2	3	4	5

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## ACTIVITIES OF LIVING

Below are listed a number of activities of living that each of us do or someone does for us. For each activity listed, think over the past three months. During this period of time, to what extent do you think each activity of living has been met. Circle the appropriate number on the scale provided below. You are being asked to rate the extent to which each activity of living has been taken care of by or for you in a timely way.

1. Never or almost never      3. Sometimes      5. Almost always  
2. Seldom, occasionally      4. Often, frequently

1. Buying food	1	2	3	4	5
2. Preparing meals	1	2	3	4	5
3. Getting the house clean	1	2	3	4	5
4. Getting the yard work done	1	2	3	4	5
5. Getting home maintenance done	1	2	3	4	5
6. Having adequate transportation	1	2	3	4	5
7. Purchasing clothing	1	2	3	4	5
8. Washing and caring for clothing	1	2	3	4	5
9. Relaxing	1	2	3	4	5
10. Exercising	1	2	3	4	5
11. Enjoying a hobby	1	2	3	4	5
12. Starting a new interest or hobby	1	2	3	4	5
13. Attending social events	1	2	3	4	5
14. Taking time for reflective thinking	1	2	3	4	5
15. Having time for inspirational or spiritual interests	1	2	3	4	5
16. Noticing the wonderment of things around you	1	2	3	4	5
17. Asking for support from your friends or family	1	2	3	4	5
18. Getting support from your friends or family	1	2	3	4	5
19. Laughing	1	2	3	4	5
20. Treating or rewarding yourself	1	2	3	4	5
21. Maintaining employment or career	1	2	3	4	5
22. Taking time for personal hygiene and appearance	1	2	3	4	5
23. Taking time to have fun with family or friends	1	2	3	4	5