

## Wellness Questionnaire

This questionnaire seeks to assess your current level of quality of life.

Rate each of the following statements on a scale of 0 to 4. Then tabulate the total scores for each of the ten subsections and compare your results with the scale provided after.

0 = no, never, or hardly ever

1 = occasionally, rarely

2 = sometimes, maybe

3 = often

4 = yes, always, or usually

### **1. Self-responsibility**

- ( ) My life is in my hands and I control it.
- ( ) I am aware that I am responsible for every aspect of my life.
- ( ) The way I live my life is important in determining my state of health.
- ( ) I am the major force in determining my rate of recovery from an illness.
- ( ) I am open minded and have tried various alternative therapies.
- ( ) I contribute time/money to support causes or people of my choice.
- ( ) I perform at least one good deed for mankind a day.
- ( ) If I were to have an emergency with my car, I would be prepared.

**(\_\_\_) TOTAL**

### **2. Stress Management**

- ( ) I pause several times a day to notice the way I breathe.
- ( ) I sit in a relaxed, upright posture with my spine relatively straight.

- I meditate or relax at least 10 minutes each day.
- I am at peace with myself.
- I assess my current state of health and stress level on a daily basis.
- My work is not overly stressful.
- I know how to manage my stress effectively.
- I take time out to manage my stress.

**(\_\_\_) TOTAL**

### **3. Health**

- I don't smoke and avoid exposing myself to second-hand smoke.
- I don't drink alcohol in excess.
- I sleep enough to feel rested when I awaken.
- I do not experience any disturbing physical symptoms.
- My immune system is in good shape.
- I maintain my weight to within 15% of my ideal health weight.
- I take a variety of nutritional supplements when I need to.
- I have an average of one bowel movement a day.

**(\_\_\_) TOTAL**

### **4. Eating**

- I eat 3 balanced meals daily.
- I limit my fat consumption to 30% of my daily caloric intake.
- I limit my intake of red meats to a maximum of 2 times a week.
- I know the difference between physical hunger and psychological hunger.

- I read the ingredient labels of the foods I buy.
- I eat at least 3 raw fruits and vegetables a day.
- I limit my coffee/tea (excluding herbal teas) intake to two cups a day.
- I prefer eating and cooking low-fat meals.

**(\_\_\_) TOTAL**

### **5. Exercise**

- I do some type of stretching exercise for at least 10 minutes three times a week.
- I enjoy stretching, moving, and exerting my body.
- My daily activities includes some moderate physical exertion.
- I perform some type of cardiovascular exercise three time a week.
- I perform some type of muscle toning exercise three times a week.
- I walk whenever possible.
- I enjoy working outdoors.
- I recognize and listen to my body's need to exercise.

**(\_\_\_) TOTAL**

### **6. Feelings and Self-esteem**

- I allow myself to experience a full range of emotions.
- I allow myself to express my emotions in an appropriate fashion.
- I make it a point to express concern, love, warmth to those I love.
- I do not harbor negative feelings towards anyone or from my past.
- I use positive self-talk every day.
- I avoid self-criticism.

( ) I work at maintaining a healthy self-esteem.

( ) I give myself presents, or nurture myself.

(\_\_\_) **TOTAL**

## **7. Communication & Relationships**

( ) I enjoy sharing my interests with others.

( ) I can let go of the negative judgements that others have of me.

( ) I am a good listener.

( ) I am not responsible for other people's happiness.

( ) I am able to trust and open up easily about myself to another.

( ) I easily give compliments to others.

( ) I am able to say "no" to people without feeling guilty.

( ) I have at least three close friends.

(\_\_\_) **TOTAL**

## **8. Body & Sexuality**

( ) I feel comfortable touching and exploring my body.

( ) I am comfortable looking at myself in a mirror.

( ) I truly accept my body's strengths and limits.

( ) I am content with my level of sexual activity.

( ) I enjoy sexual contacts with a regular partner.

( ) I am able to give myself sexual pleasure when I need it.

( ) I feel comfortable touching people of the same sex.

I enjoy touching and hugging other people.

**TOTAL**

### **9. Meaning**

I feel that my life is heading in the direction I would like it to.

I have clearly defined goals in life and working towards achieving them.

There is something in life that I feel passionate about.

I look forward to the future as an opportunity for growth.

I live in the present rather than in the past or future.

My self-esteem is not solely based on my work.

I seek ways to improve my quality of life.

I have engaged myself in counselling or a personal growth process.

**TOTAL**

### **10. Spirituality**

I perceive problems as opportunities for growth.

I believe that "everything happens for a reason".

I am aware of the power of my subconscious mind.

I use techniques to access the powers of my subconscious.

I am in contact with my inner psychic resources (guide/healer/child, etc.)

I have spiritual beliefs about the universe/higher being.

I believe that I am part of a larger, universal consciousness.

I am able to let go of control and allow a situation to work out on its own

**TOTAL**

**Total each subscale, and assess its meaning according to the following chart.**

**If you scored between:**

**0- 10:** This is a domain in which you have serious difficulty. This is a great hindrance to your present quality of life. You need to attend to it soon before serious damage occurs to your physical and mental health. Seek support and/or professional help to encourage you to develop this domain.

**11- 19:** You are lacking the fundamentals of this domain. You need to work on this problem before it affects your health. Seek some form of support and/or learn more about this domain.

**20 - 27:** You are well on the road to wellness. You possess some good habits and have others to improve. Keep working on the problem areas.

**28 - 32:** You are in a state of general wellness. Keep up the good work and stay well. Consider teaching others your knowledge.

Wellness is the right and privilege of every human being. Being "well" does not mean being necessarily strong, brave, successful or free of illness. A well person can be living in pain, scared in face of a challenge, or be physically handicapped. No matter what your current state of health, you can begin to appreciate yourself as an evolving individual and allow yourself to head towards a happier life and positive health.

Wellness is a dynamic concept. You don't just get well or stay well. There are degrees of wellness, just as there are degrees of illness. The wellness model of health encourages one to move towards awareness, education and growth of a person. The "healing" process is based on the prevention and exploration of the root causes of a problem. In comparison, the medical treatment model focuses on identifying signs, alleviating symptoms and removing the illness.

The wellness model is based on a holistic integration of ten major components. Optimal wellness is achieved when all of these ten areas are well established.

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