

## ABOUT YOUR OVERALL QUALITY OF LIFE

Please indicate which statements best describe your overall quality of life at the moment by placing a tick (✓) in **ONE** box for each of the five groups below.

### 1. Feeling settled and secure

- I am able to feel settled and secure in **all** areas of my life
- I am able to feel settled and secure in **many** areas of my life
- I am able to feel settled and secure in **a few** areas of my life
- I am **unable** to feel settled and secure in **any** areas of my life

<input type="checkbox"/>	4
<input type="checkbox"/>	3
<input type="checkbox"/>	2
<input type="checkbox"/>	1

### 2. Love, friendship and support

- I can have **a lot** of love, friendship and support
- I can have **quite a lot** of love, friendship and support
- I can have **a little** love, friendship and support
- I **cannot** have **any** love, friendship and support

<input type="checkbox"/>	4
<input type="checkbox"/>	3
<input type="checkbox"/>	2
<input type="checkbox"/>	1

### 3. Being independent

- I am able to be **completely** independent
- I am able to be independent in **many** things
- I am able to be independent in **a few** things
- I am **unable** to be at all independent

<input type="checkbox"/>	4
<input type="checkbox"/>	3
<input type="checkbox"/>	2
<input type="checkbox"/>	1

### 4. Achievement and progress

- I can achieve and progress in **all** aspects of my life
- I can achieve and progress in **many** aspects of my life
- I can achieve and progress in **a few** aspects of my life
- I **cannot** achieve and progress in **any** aspects of my life

<input type="checkbox"/>	4
<input type="checkbox"/>	3
<input type="checkbox"/>	2
<input type="checkbox"/>	1

### 5. Enjoyment and pleasure

- I can have **a lot** of enjoyment and pleasure
- I can have **quite a lot** of enjoyment and pleasure
- I can have **a little** enjoyment and pleasure
- I **cannot** have **any** enjoyment and pleasure

<input type="checkbox"/>	4
<input type="checkbox"/>	3
<input type="checkbox"/>	2
<input type="checkbox"/>	1

Please ensure you have only ticked **ONE** box for each of the five groups.