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 | 4 |
| I am able to feel settled and secure in **many** areas of my life | 3 |
| I am able to feel settled and secure in **a few** areas of my life | 2 |
| I am **unable** to feel settled and secure in **any** areas of my life | 1 |

| 2. Love, friendship and support |  |
|-------------------------------|---|
| I can have **a lot** of love, friendship and support | 4 |
| I can have **quite a lot** of love, friendship and support | 3 |
| I can have **a little** love, friendship and support | 2 |
| I **cannot** have **any** love, friendship and support | 1 |

| 3. Being independent |  |
|---------------------|---|
| I am able to be **completely** independent | 4 |
| I am able to be independent in **many** things | 3 |
| I am able to be independent in **a few** things | 2 |
| I am **unable** to be at all independent | 1 |

| 4. Achievement and progress |  |
|----------------------------|---|
| I can achieve and progress in **all** aspects of my life | 4 |
| I can achieve and progress in **many** aspects of my life | 3 |
| I can achieve and progress in **a few** aspects of my life | 2 |
| I **cannot** achieve and progress in **any** aspects of my life | 1 |

| 5. Enjoyment and pleasure |  |
|---------------------------|---|
| I can have **a lot** of enjoyment and pleasure | 4 |
| I can have **quite a lot** of enjoyment and pleasure | 3 |
| I can have **a little** enjoyment and pleasure | 2 |
| I **cannot** have **any** enjoyment and pleasure | 1 |

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