personal community activities scale

your name:					today's date:					
please ans	wer these	e three qu	iestions fo	or your ex	perience (over the la	ast week d	or other a	greed tin	ne period:
for wellbeing, most people benefit particularly from emotionally close relationships where they can talk meaning-fully and feel understood & valued — have you had enough of this emotional closeness in your life (with people who you can relate to in this way, who are available and who you make enough of the right kind of time & place for)?										
0 none	10	20	30	40	50	60	70	80	90	100 perfect
for wellbeing, most people also much appreciate sharing activities, interests & having fun with others (for example, eating together, working on a project, going out to theatres, films & concerts, walking, sport, learning, creativity, voluntary work, having a drink, coffee or tea, etc) — have you had enough of this shared activity time in your life?										
0 none	10	20	30	40	50	60	70	80	90	100 perfect
relationships can be a source of stress (conflict, worry, obligation, time pressure, etc) as well as a source of support & fun – how much have relationships (with family, friends, work colleagues, neighbours, etc) been a source of stress for you during this last week or other agreed time period? (note that for this question, 100 represents severe stress)										
0 none	10	20	30	40	50	60	70	80	90	<i>100</i> severe