

# **personal community map: questions**

**date/time period these questions & answers apply to:**

*the last question on this sheet (over the page) asks about any intentions that emerge while you are answering the other questions – it may be helpful to jot down thoughts about emerging intentions (over the page) both while answering the other questions and when you've finished.*

**what are the main initial feelings & thoughts you have while & after completing your personal community map?**

**for wellbeing, most people benefit particularly from emotionally close relationships where they can talk meaningfully & feel understood & valued – do you have enough of this emotional closeness in your life (several different 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)? please rate on the 0 – 100 scale & add comments:**

0	10	20	30	40	50	60	70	80	90	100
<hr/>										
none										perfect

**touch is also important for most of us (for example, hugging family & friends, sexual activity, holding, playing, pets, massage, and so on) – do you feel you have enough touch in your life? please rate on the 0 – 100 scale & add comments:**

0	10	20	30	40	50	60	70	80	90	100
<hr/>										
none										perfect

**pto.**

**for wellbeing, most people also much appreciate sharing activities, interests & having fun with others (for example, eating together, working on a project together, going out to theatres, films & concerts, walking, sport, learning, creativity, voluntary work, having a drink, coffee or tea, etc) – do you have enough of this shared activity time in your life (several different people you relate to in this way, who are available and who you make enough of the right kind of time & place for)? please rate & add comments:**

0    10    20    30    40    50    60    70    80    90    100

---

none perfect

**relationships can be a source of stress (conflict, worry, obligation, time pressure, etc) as well as a source of support & fun – how much are relationships (with family, friends, work colleagues, neighbours, etc) a current source of stress for you? please rate and add comments (note that for this question, 100 represents severe stress):**

0    10    20    30    40    50    60    70    80    90    100

---

none severe

**while you have been answering the questions on this handout (and now that you have finished), are there any intentions you want to make about your personal community (for example, people you want to see more of, new activities you want to try, different attitudes you want to take, different ways of being with people you want to explore, stress you want to reduce, etc)? please write down your intentions here and, if it feels helpful, make relevant notes on your personal community map as well.**

---

---