

# Well-being assessment tool:

## Questionnaire:

### Relaxing: power to ease tensions in thoughts, feelings and body

- When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm.

Strongly  
disagree



Strongly  
agree

- Do you have several ways to relax when this is needed?

Strongly  
disagree



Strongly  
agree

- When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.

Strongly  
disagree



Strongly  
agree

### Observing: power to place attention, widely and closely

- I find myself doing things without paying attention. \*

Strongly  
disagree



Strongly  
agree

- I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.

Strongly  
disagree



Strongly  
agree

- I pay attention to sensations, such as the wind in my hair or sun on my face.

Strongly  
disagree



Strongly  
agree

### Listening: power to connect and tune in to what surrounds

- I keep track of points others make.

Strongly  
disagree



Strongly  
agree

- I ask questions that show my understanding of others' positions.

Strongly  
disagree



Strongly  
agree

- ***I show others that I am listening by my body language (e.g., head nods).***

Strongly  
disagree



Strongly  
agree

### **Inquiring:** *power to seek what can expand knowledge and action*

- ***I actively seek as much information as I can in new situations.***

Strongly  
disagree



Strongly  
agree

- ***Everywhere I go, I am out looking for new things or experiences.***

Strongly  
disagree



Strongly  
agree

- ***I am always looking for experiences that challenge how I think about myself and the world.***

Strongly  
disagree



Strongly  
agree

### **Reflecting:** *power to offer another view*

- ***I try to look at everybody's side of a disagreement before I make a decision.***

Strongly  
disagree



Strongly  
agree

- ***I sometimes try to understand my friends better by imagining how things look from their perspective.***

Strongly  
disagree



Strongly  
agree

- ***I believe that there are two sides to every question and try to look at them both.***

Strongly  
disagree



Strongly  
agree

### **Sensing:** *power to know something that is not visible*

- ***I notice when I am uncomfortable in my body.***

Strongly  
disagree



Strongly  
agree

- ***I notice changes in my breathing, such as whether it slows down or speeds up.***

Strongly  
disagree



Strongly  
agree

- ***I can maintain awareness of my inner bodily sensations even when there is a lot going on around me.***

Strongly  
disagree



Strongly  
agree

### **Empathising:** *power to know (see and feel) with and through others*

- ***I know what other people are feeling just by looking at them.***

Strongly  
disagree



Strongly  
agree

- ***I can tell how people are feeling by listening to the tone of their voice.***

Strongly  
disagree



Strongly  
agree

- ***I am aware of what others imply but do not say.***

Strongly  
disagree



Strongly  
agree

### **Discerning patterns:** *power to connect to the whole, and its parts*

- ***I consider how multiple changes affect each other.***

Strongly  
disagree



Strongly  
agree

- ***I am good at organizing information.***

Strongly  
disagree



Strongly  
agree

- ***I periodically review to help me understand important relationships.***

Strongly  
disagree



Strongly  
agree

### **Embodying:** *power to relate to the body as a source of knowing*

- ***When something is wrong in my life I can feel it in my body.***

Strongly  
disagree



Strongly  
agree

- ***I listen for information from my body about my emotional state.***

Strongly  
disagree



Strongly  
agree

- ***I listen to my body to inform me about what to do.***

Strongly  
disagree



Strongly  
agree

### Scoring and interpretation:

In general, higher scores (more toward “strongly agree”) indicate a higher level of well-being. Lower scores on a particular subscale may indicate where there is room for growth or additional support, high scores show where your well-being is already good at the moment.

**Notice:** items flagged with \* are reverse items; “strongly agree” on these items indicates lower well-being in general.

### Reliability of the scale:

The 27 items in this scale were adopted from existing, validated scales. For each item, the original scale and the corresponding Cronbach's alpha of that subscale are listed, as an indication of internal consistency.

Item	Retrieved from	Cronbach's $\alpha$
<i>When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm.</i>	Emotion Regulation Questionnaire (ERQ)	.82
<i>Do you have several ways to relax when this is needed?</i>	Self-Management Ability Scale (SMAS-30)	.90
<i>When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.</i>	Multidimensional Assessment of Interoceptive Awareness (MAIA)	.79 (subscale Self-Regulation)
<i>I find myself doing things without paying attention.</i>	Attention Awareness Scale	.82
<i>I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.</i>	Five Facet Mindfulness Questionnaire (FFMQ-15)	.91 (subscale Observation)
<i>I pay attention to sensations, such as the wind in my hair or sun on my face.</i>	Five Facet Mindfulness Questionnaire (FFMQ-15)	.91 (subscale Observation)
<i>I keep track of points others make.</i>	The Active-Empathic Listening Scale	.66 - .77 (subscale Processing)
<i>I ask questions that show my understanding of others' positions.</i>	The Active-Empathic Listening Scale	.74 - .89 (subscale Responding)
<i>I show others that I am listening by my body language (e.g., head nods).</i>	The Active-Empathic Listening Scale	.74 - .89 (subscale Responding)
<i>I actively seek as much information as I can in new situations.</i>	The Curiosity and Exploration Inventory-II	.85

<i>Everywhere I go, I am out looking for new things or experiences.</i>	The Curiosity and Exploration Inventory-II	.85
<i>I am always looking for experiences that challenge how I think about myself and the world.</i>	The Curiosity and Exploration Inventory-II	.85
<i>I try to look at everybody's side of a disagreement before I make a decision.</i>	The Interpersonal Reactivity Index (IRI)	.70 - .78
<i>I sometimes try to understand my friends better by imagining how things look from their perspective.</i>	The Interpersonal Reactivity Index (IRI)	.70 - .78
<i>I believe that there are two sides to every question and try to look at them both.</i>	The Interpersonal Reactivity Index (IRI)	.70 - .78
<i>I notice when I am uncomfortable in my body.</i>	Multidimensional Assessment of Interoceptive Awareness (MAIA)	.64 (subscale Noticing)
<i>I notice changes in my breathing, such as whether it slows down or speeds up.</i>	Multidimensional Assessment of Interoceptive Awareness (MAIA)	.64 (subscale Noticing)
<i>I can maintain awareness of my inner bodily sensations even when there is a lot going on around me.</i>	Multidimensional Assessment of Interoceptive Awareness (MAIA)	.83 (subscale Attention Regulation)
<i>I know what other people are feeling just by looking at them.</i>	Emotional Intelligence Scale	.94
<i>I can tell how people are feeling by listening to the tone of their voice.</i>	Emotional Intelligence Scale	.94
<i>I am aware of what others imply but do not say.</i>	The Active-Empathic Listening Scale	.74 - .89 (subscale Responding)
<i>I consider how multiple changes affect each other.</i>	Systems Thinking Scale	.89
<i>I am good at organizing information.</i>	Metacognitive Awareness Inventory (MAI)	.67
<i>I periodically review to help me understand important relationships.</i>	Metacognitive Awareness Inventory (MAI)	.67
<i>When something is wrong in my life I can feel it in my body.</i>	Multidimensional Assessment of Interoceptive Awareness (MAIA)	.79 (subscale Emotional Awareness)
<i>I listen for information from my body about my emotional state.</i>	Multidimensional Assessment of Interoceptive Awareness (MAIA)	.80 (subscale Body Listening)
<i>I listen to my body to inform me about what to do.</i>	Multidimensional Assessment of Interoceptive Awareness (MAIA)	.80 (subscale Body Listening)