








# Health and Well-being Questionnaire




1.

**How I feel about myself:**

				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
great	good	ok	not sure	worse






2.

**I feel able to take chances in my life:**

				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
always	sometimes	kind of	not sure	never

3.

**I make friends and have good relationships:**

				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
always	sometimes	kind of	not sure	never

4.



**I feel part of my community and not alone:**



always



sometimes



kind of



not sure



never

5.



**I can say what I want and how I feel:**



always



sometimes



kind of



not sure



never

6.



**My life is meaningful:**



always



sometimes



kind of

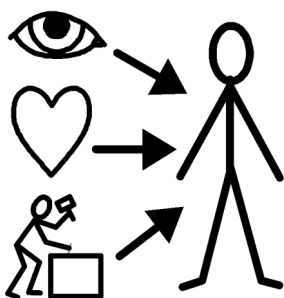


not sure



never

7.



**I am learning from my experiences:**



always



sometimes



kind of

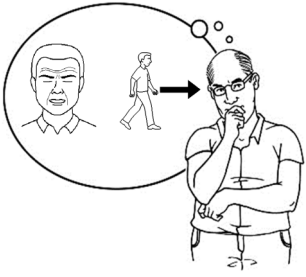


not sure



never

8.



**I understand the things that happened to me in my past and I'm moving on with my life:**



always



sometimes



kind of



not sure



never

9.



**I believe I can get better:**



always



sometimes



kind of



not sure



never

10.



**I can see the good things I have done in my life:**



always



sometimes



kind of



not sure



never

11.



**I understand myself better:**



always



sometimes



kind of



not sure



never

12.

**I can make my own choices in life:**

**always**
 **sometimes**
 **kind of**
 **not sure**
 **never**

13.

**I have hobbies and interests in my life:**

**always**
 **sometimes**
 **kind of**
 **not sure**
 **never**

14.

**I can make decisions about my life:**

**always**
 **sometimes**
 **kind of**
 **not sure**
 **never**

15.

**I can find time to do things I like:**

**always**
 **sometimes**
 **kind of**
 **not sure**
 **never**