## PROFILE OF ADAPTATION TO LIFE

						<del></del>
DURING LAST WEEK, INCLUDING		DD SCALE	VE YAN FEL	<del>T</del>		DURING THE PAST MON (Please answer each
Picase mark the answer f					w TV7	Enjoyed talking
gen felt this vast week.	Mark ye	our answer	choices,	like this:	X	Felt trusting o
	·	Āns	wer choices	5		•
DURING THE PAST WEEK,	Rarely	2 Some-	3 Often	4 Almost	<del></del>	Found work usef
HAVE YOU FELT		times		Always		Enjoyed people
Vigorous?					1	Found people ac
Alert?					2	Been involved,
Full of pep?					3 '	Felt needed and
Happy?					4 .	Controlled my mand increased m
Calm and relaxed?					5	Found things I'
Content?					6	me by "coincide
Secure?					7	
Confidence in yourself?					8	DURING THE PAST MON
Inner calm and peace?					9	A lack of order
			ver choices			Dissatisfied wi
DURING THE PAST WEEK, HAVE YOU FELT	Never	2 Rarely	3 Some- times	4 Often		Critical of oth
Discouraged?					10	Annoyed, irrita
Uneasy?		-			11	An impulse to h
unhappy?					12	Left out of thi
ûn edge?					13	That people tre
Gloomy?					14	Bothered by slo
Blue?					15	Disappointed in
Like crying?					16	Worried about d
Worried?					17	Uncertain about
Tense?					18	Unhappy about t
Bored?					19	My family finds
1000und irritatod?					20	No one seemed i

(B) PERSON	AL EXPERIE	NCES	s	<u>ūbj.</u> #)
			er choices	
DURING THE PAST MONTH, I'VE		2 Some-	<u> </u>	Almost
(Please answer each statement below)	Rarely	times	Often	Always
Enjoyed talking with others				21
Felt trusting of people				22
Found work useful and interesting				23
Enjoyed people I live with				24
Found people accept me as I am				25
Been involved, interested in things				26
Felt needed and useful				27
Controlled my negative thinking and increased my positive thinking				28
Found things I've needed coming to me by "coincidence" or "chance"				29
	1	Answ 2	er choices	4
DURING THE PAST MONTH, I'VE FELT	<u></u>		Some~	
	Never	Rarely	times	Often
A lack of order around me			-	30
Dissatisfied with myself				31
Critical of others				32
Annoyed, irritated				33
An impulse to hurt someone				34
Left out of things				35
That people treated me unfairly				36
Bothered by sloppiness around me	<u></u>			37
Disappointed in people				38
Worried about debts				39
Uncertain about who I really am	<u> </u>			40
Unhappy about the work I do				41
My family finds fault with me				42
No one seemed interested in how I really feel inside				43

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(C) PHYSICAL HEALTH INVENTORY (D) PERSONAL BELIEFS Answer choices Please mark one answer for each question below. Mark your answer like this: for this Not Not Acree IT IS MY OPINION THAT . . . Agree Strongly (Please answer each statement below) Agree Sure Answer choices 69 A person's soul or spirit continues after death 3 Some-70 People will be reborn to live again on earth DURING THE LAST MONTH, HAVE YOU . . . Never times Often 71 Mental telepathy (ESP) is a reality da Had headaches? (Past month) 72 People have out of body experiences (astral travel) 45 Felt faint? There are spiritual or non-physical forces 46 Felt hot, feverish? acting in today's world 73 Had spells of dizziness? Sooner or later people will treat you as you've treated others 48 Had difficulty falling asleep? Spiritual or psychic healing is often as 49 Had chest pains? effective as medical treatment 50 Noticed your heart beating fast? 57 Had difficulty breathing? It's wrong to kill any living thing 52 Felt physically ill? Problems in life are really opportunities 53 Had back pains? to learn and grow 54 Been bothered by itching? People create their own reality by the kinds of thoughts they let themselves have 55 Had coughing spells? 56 Had neck or shoulder pains? 57 IT IS MY OPINION THAT THE SOLUTIONS TO MAN'S Not Agree Had pains in legs or arms? Not Agree PROBLEMS IN LIVING WILL BE FOUND IN . . . Agree Sure Strongly 58 Had trouble with your vision? More money for scientific research 59 Felt exhausted, fatigued? More formal education for people 5 60 Waken from sleep feeling tired? Redistributing the wealth 61 Had a poor appetite? A return to organized religion 62 Been constipated (hard stools)? Social reform through better laws 8 63 Had an upset stomach? 9 Daily meditation 64 Had nausea (sick to stomach)? Spiritual reawakening (personal enlightment) 10 Had indigestion? 65 Protecting the environment, natural resources 11 Had stomach pain after eating? 66 Had trouble digesting food? 67 Had diarrhea (loose bowels)?

(E) LIFE STYLE

#### (E) LIFE STYLE (CONT'D)

		Answer	r chaice	s	Answer choices	
OURING THE PAST MONTH, HOW OFTEN HAVE YOU (Pfease answer each question below)	Rarely or Never	1-2 Times /Week	3-5 Times /Week	Each Day	DURING THE LAST MONTH, HAVE YOU 1-2 times 1-2 times  Never per month per week	Almos
Spent time with a <u>close</u> friend?				12	Gone to parties for social activities outside the home?	
Shared personal problems with a friend?				13	Attended meetings of civic, or other organizations?	
Washed the dishes?				14	Entertained friends in your home?	-
Done household cleaning?				15		-
Prepared meals?				16	Attended a religious service?	_
Washed clothes?				17	Spent time outdoors enjoying nature?	-
Done physical exercise?				18	Played cards or other table games?	-
Taken part in active sports?				19	Visited with the neighbors?	<u></u>
Listened to music you enjoy?				20	Done gracery shopping?	<u> </u>
Taken time to be by yourself?				21	Canced?	
Meditated?				22	Read fiction for enjoyment?	
Enjoyed contact with animals?				23	Participated in a study group?	,
Taken care of house plants?		-		24	Taken medication for headache?	
Eaten red meat (beef, pork)?	-		-	25	Taken medication to help you sleep?	<u></u>
Eaten fish or poultry?				26	Taxem medication for your stomach?	
;			-		Taken medication for a cold or allergy?	
Eaten sweets (candy, cake, pie, etc.)? .				27	Taken tranquilizers?	
Drunk soft drinks (Coke, etc.)?		<u></u>	1	23	Taken laxatives?	
Eaten <u>fresh</u> fruits (apples, oranges, etc.)?				29	Used alcohol or nonprescription drugs?	
Eaten natural foods (dried fruit, nuts, whole grains)?				30	Gotten high on alcohol or drugs?	
- ,					DURING THE LAST MONTH, HAS ALCOHOL OR	
Kept up with current events, (read news- paper, magazines, watch TV news)?				31	DRUG USE CAUSED PROBLEMS	:
Read something about mystical,					Between you and family members?	
spiritual or psychic things?			<u></u>	32	With work (difficulty working well or going to work)?	
Read something about personal psychological growth?				33	With your physical health?	
					In your thinking clearly?	

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(F) ARE YOU CURRENTLY LIVING WITH A PARENT, SPO	USE, OR S	OMEONE EL	SE IN A	CLOSE	(I) BACKGROUND
RELATIONSHIP? (1) No (If you marked "No", skip to S (2) Yes (If you marked "Yes", answer t	ection G	below)		57	76 Subj # 80
DURING THE PAST MONTH, HAVE YOU AND YOUR SIGNIFICANT OTHER (spouse, parent, etc.)	l Rarely	Answer 2 Some- times	choices 3 Often	4 Almost Always	1. MAJOR SOURCE OF INCOME?  (Check only one answer)  (1) Money earned from work I do now  (2) Less than is pack per day
1. Shared personal feelings with each other?				58	(2) From spouse, relative, or friend (3) About & pack per day (3) Investments or inheritance
2. Been able to talk it through when angry?				59	(4) About 1 pack per day (4) Welfare or public assistance
3. Agreed about finances and budget?				60	(5) Retirement or social security (5) Over 15 pack per day
4. Spent enjoyable times together?				61	6. DRINK COFFEE? (6) Unemployment compensation (1) None or rare cup
5. Discussed important matters?				62	(7)Scholarship or student stipend (2)About 1-2 cups per day
3. Felt close to each other?				63	(8) Alimony or child support (3) 3-4 cups per day
7. Agreed about social activities and friends?	5			64	(9) Veterans benefits (4) 5 or more cups per day
8. Shared daily events that happened to each of you?				65	2. YOUR MARITAL STATUS (Check one) 7. WATCH TV? (1) None or rarely (1) Currently married
(S) APE THERE CHILDREN WHERE YOU LIVE? (Mark of (1) No (If you marked "No", skip to S (2) Yes (If you marked "Yes", answer t	ection H	question	ns)	56	(2) Less than 1 hour per day widowed (3) 1-2 hours per day  (3) Never married (4) 3-4 hours per day  3. SEX (Check one)
BURING THE LAST MONTH, HAVE YOU AND THE CHILD(REN)	Rarely	Some- times	0ften	Almost Always	(5) 5÷ hours per day (1) Male  8. AvERAGE HOURS OF SLEEP (2) Female (1) 4-5 hours
1. Spent time talking with each other?				57	4. EDUCATION (Check one) (2) 5-6 hours
2. Spent time doing things together?	-			58	(1) Less than high school (3) 6-7 hours
3. Openly expressed feelings to each other?	·			69	(2) High school graduate (4) 7-8 hours
4. Treated each other with respect?				70	(3) Some coilege (5) 8 or more hours
5. Felt close to each other?				71	(4) College graduate (Type of degree )
6. Done things for each other?				72	(4)
(H) DO YOU HAVE ENOUGH MONEY TO	Rarely	Some- times	3 Usually	4 Always	AGE9-10 TODAY'S DATE: 17-22 HEIGHT feet in. 11-13
Pay your bills? (Mark one)				73	Month Day Year WEIGHT pounds 14-16
Handle unexpected expenses? (Mark one)				74	76 Subj # 80
FROM WORKING, DID YOU EARN AN ADEQUATE AMOUNT (  (1) Earned no money from working last money (2) Earned enough to take care of my per (3) Earned enough to partially support a (4) Earned enough to adequately support	inth sonal nee family		•	•	Thank you for completing the questionnaire. Your help is very much appreciated. Please check back to make sure you have not left any questions unanswered.

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