

personal community map: questions

date/time period these questions & answers apply to:

the last question on this sheet (over the page) asks about any feelings, thoughts or 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.

for health & wellbeing, most people benefit particularly from emotionally close relationships where one can talk meaningfully & feel understood & valued – these are also the people one would turn to in extreme social, emotional or financial distress – do you have enough of this emotional closeness in your life (several different people who you can relate to like this, 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 |
| 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 |
| none | | | | | | | | | | perfect |

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 films, plays, & 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 |

emerging research highlights the potential value of being actively engaged in a variety of social groups; examples include a.) family. b.) political party, trade union or environmental groups. c.) tenant or resident groups, neighbourhood watch. d.) church or other religious groups. e.) charitable associations. f.) education, arts, music groups or evening classes . g.) social clubs. h.) sports clubs, gyms, exercise classes. i.) any other organisations, clubs or societies. please circle the number you are involved with and also note which groups you particularly identify & engage with:

| | | | | | | | | | | |
|------|---|---|---|---|---|---|---|---|---|------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| none | | | | | | | | | | lots |

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 |

what are the main feelings & thoughts you have while & after completing your personal community map? are there any intentions you want to make about your personal community – it is a bit like looking after a garden. how can you best allocate the time you have for relationships – for example, people you want to see more (or less) of, groups you want to join, 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.
