

# Personal quality of life scale

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Looking back over the last week including today can you rate how well you are doing in the following areas of your life. We call this the **work-love-play** checklist. Please circle the number that applies to you.

## 1. Work-occupation-school

Low

High

1	2	3	4	5	6	7	8	9	10
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## 2a. Love-friends

Low

High

1	2	3	4	5	6	7	8	9	10
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## 2b. Love-intimates

Low

High

1	2	3	4	5	6	7	8	9	10
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## 2c. Love-family

Low

High

1	2	3	4	5	6	7	8	9	10
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## 3. Play-recreation-hobbies-interests-sports

Low

High

1	2	3	4	5	6	7	8	9	10
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## 4.

Exercise

Smoke

Sleep

Recreational drugs

Alcohol

Gambling

Violence

Citizenship/community

Spiritual

(trauma)