

# The CONNECTION SCALE

Explore each statement below and rate (1-5) how true each is for you at this time in your life. Talk with your coach (or a friend) about your answers or write about the experience in your guided wellness journal. Once you rate yourself for each statement add your numbers together to gain your total connectedness score.

1= Not True

2= Hardly ever True

3= Sometimes True

4= True most of the time

5 = True

## Connection to self

- |                                    |    |    |    |    |    |
|------------------------------------|----|----|----|----|----|
| 1. I enjoy spending time alone.    | 1. | 2. | 3. | 4. | 5. |
| 2. I have enough time alone.       | 1. | 2. | 3. | 4. | 5. |
| 3. I am compassionate with myself. | 1. | 2. | 3. | 4. | 5. |
| 4. I like who I am as a person.    | 1. | 2. | 3. | 4. | 5. |
| 5. I like my body.                 | 1. | 2. | 3. | 4. | 5. |

## Connection to nature and my environment

- |  |    |    |    |    |    |
|--|----|----|----|----|----|
| 1. My living space is comfortable and suits me.      | 1. | 2. | 3. | 4. | 5. |
| 2. I spend quality time in nature.                   | 1. | 2. | 3. | 4. | 5. |
| 3. I have a place I go to for refuge or to recharge. | 1. | 2. | 3. | 4. | 5. |
| 4. My workspace is comfortable and suits me.         | 1. | 2. | 3. | 4. | 5. |
| 5. I know my neighbors.                              | 1. | 2. | 3. | 4. | 5. |

## Connection to family

- |   |    |    |    |    |    |
|---|----|----|----|----|----|
| 1. I have a supportive family.                      | 1. | 2. | 3. | 4. | 5. |
| 2. I enjoy spending time with my family.            | 1. | 2. | 3. | 4. | 5. |
| 3. I spend enough time with my family.              | 1. | 2. | 3. | 4. | 5. |
| 4. I feel connected to my family.                   | 1. | 2. | 3. | 4. | 5. |
| 5. I feel a connection to those who came before me. | 1. | 2. | 3. | 4. | 5. |

## Social Connection

- |   |    |    |    |    |    |
|---|----|----|----|----|----|
| 1. I spend enough time doing activities I enjoy.    | 1. | 2. | 3. | 4. | 5. |
| 2. I spend enough time with friends.                | 1. | 2. | 3. | 4. | 5. |
| 3. I belong to a supportive community.              | 1. | 2. | 3. | 4. | 5. |
| 4. I have someone I can share most everything with. | 1. | 2. | 3. | 4. | 5. |
| 5. I enjoy intimacy.                                | 1. | 2. | 3. | 4. | 5. |

## Spiritual Connection

- |   |    |    |    |    |    |
|---|----|----|----|----|----|
| 1. I feel connected to something greater than myself. | 1. | 2. | 3. | 4. | 5. |
| 2. I spend time in a spiritual practice.              | 1. | 2. | 3. | 4. | 5. |
| 3. I feel a sense of purpose in my life.              | 1. | 2. | 3. | 4. | 5. |
| 4. I belong to a spiritual group.                     | 1. | 2. | 3. | 4. | 5. |
| 5. I am a spiritual being.                            | 1. | 2. | 3. | 4. | 5. |

## Connection at work

- |  |    |    |    |    |    |
|--|----|----|----|----|----|
| 1. I get along well with my co-workers.                  | 1. | 2. | 3. | 4. | 5. |
| 2. I feel respected in the work I do.                    | 1. | 2. | 3. | 4. | 5. |
| 3. I am part of a team at work.                          | 1. | 2. | 3. | 4. | 5. |
| 4. I have adequate contact with others in the work I do. | 1. | 2. | 3. | 4. | 5. |
| 5. My colleagues and I trust one another.                | 1. | 2. | 3. | 4. | 5. |

## Working With The Connectedness Scale

Total \_\_\_\_\_

100 pts – 150 pts = High level of Connectedness – Wonderful, make good use of the support you have

50 pts – 99 pts = Moderate level of Connectedness – OK, talk /write about your satisfaction with the level of support in your life. Consider adding to your Wellness Map

1 pts – 49 pts = Low level of Connectedness – consider adding support systems to your life and your Wellness Map.