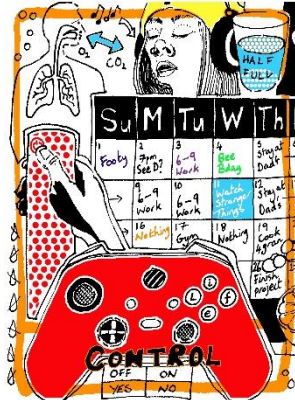


Most of the time, I feel free from worry:



I get to make enough choices in my life:



I get enough attention from other people:



I give other people enough attention:

I feel listened to:



I feel I belong to the groups I'm part of:

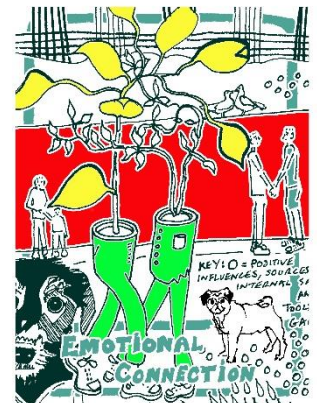


I can get time to myself when I need to:



I feel that I have a close relationship, one where I feel accepted for who I am:

I can make and keep friendships:



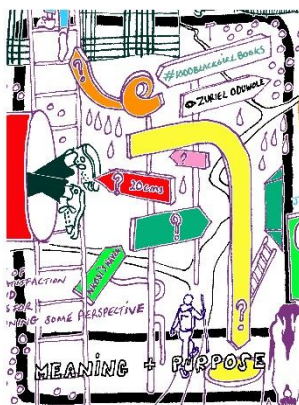
I feel that things I do are valued by others:



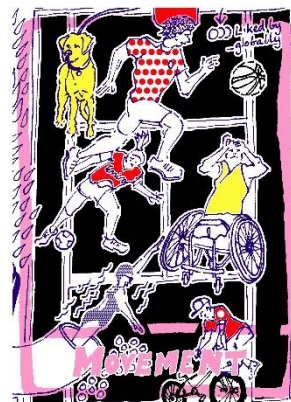
I feel I can do things well when I try:



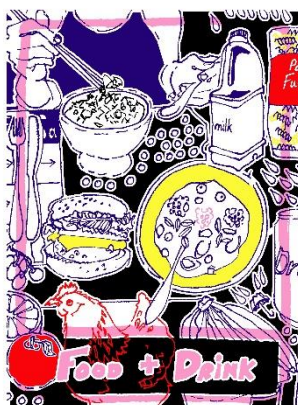
I spend time doing things that are important to me:



I feel I move my body enough:



The food I eat makes me feel happy and healthy:



I feel rested after I sleep:

