

# **well-being: environmental mastery (14)**

**definitions:** Someone who scores high on *Environmental Mastery* tends to have a sense of mastery and competence in managing the environment. They control a complex array of external activities, make effective use of surrounding opportunities, and are able to choose or create contexts suitable to their personal needs and values.

Someone who scores low on *Environmental Mastery* has difficulty managing everyday affairs. They feel unable to change or improve their surrounding context, are unaware of surrounding opportunities, and lack a sense of control over the external world.

**assessment:** Please first go through the questionnaire and to right of each statement **tick** the number that describes how you would **ideally** like to be. Then go through again **circling** the number that best describes how you have felt about yourself and your life **in the last week**.

	<b>strongly disagree</b>	<b>disagree somewhat</b>	<b>disagree slightly</b>	<b>agree slightly</b>	<b>agree somewhat</b>	<b>strongly agree</b>
E1. in general I feel in charge of the situation in which I live.	1	2	3	4	5	6
E2. the demands of everyday life often get me down.	6	5	4	3	2	1
E3. I do not fit very well with the people and the community around me.	6	5	4	3	2	1
E4. I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6
E5. I often feel overwhelmed by my responsibilities.	6	5	4	3	2	1
E6. if I were unhappy with my living situation I would take effective steps to change it.	1	2	3	4	5	6
E7. I generally do a good job of taking care of my personal finances and affairs.	1	2	3	4	5	6
E8. I find it stressful that I can't keep up with all of the things I have to do each day.	6	5	4	3	2	1
E9. I am good at juggling my time so that I can fit everything in that needs to get done.	1	2	3	4	5	6
E10. my daily life is busy, but I derive a sense of satisfaction from keeping up with everything.	1	2	3	4	5	6
E11. I get frustrated when trying to plan my daily activities because I never accomplish the things I set out to do.	6	5	4	3	2	1
E12. my efforts to find the kinds of activities and relationships that I need have been quite successful.	1	2	3	4	5	6
E13. I have difficulty arranging my life in a way that is satisfying to me.	6	5	4	3	2	1
E14. I have been able to build a home and a lifestyle for myself that is much to my liking.	1	2	3	4	5	6

## **scoring:**

**AE:** actual environmental mastery (sum of the numbers that you've circled)=

**IE:** ideal environmental mastery (sum of the numbers that you've ticked) =

**%E:** current percentage of your ideal (AE divided by IE x 100) =