

Please tick the box  next to the term that best describes your occupation:

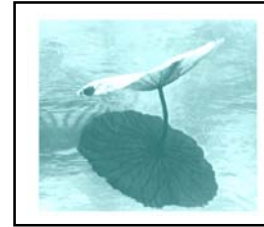
- |   |  |
|---|--|
| <input type="checkbox"/> Counsellor / Therapist | <input type="checkbox"/> Artist / Actor / Actress                    |
| <input type="checkbox"/> Health professional    | <input type="checkbox"/> Clerical and admin. staff                   |
| <input type="checkbox"/> Bodyworker / Masseur   | <input type="checkbox"/> Driver / Pilot                              |
| <input type="checkbox"/> Educator / Teacher     | <input type="checkbox"/> Manager                                     |
| <input type="checkbox"/> Salesperson            | <input type="checkbox"/> Carer                                       |
| <input type="checkbox"/> Homemaker              | <input type="checkbox"/> Tradesperson <input type="checkbox"/> Other |

No	Psychosocial Sustainability	Scale
1	Please rate your ability to identify and solve conflicts on a scale from one to six. (Please circle the appropriate number, e.g. ②).	1 2 3 4 5 6 less ↔ more
2	Please rate your ability to create leisure time and opportunities to be creative.	1 2 3 4 5 6
3	Please rate your ability to maintain a balance between work-life and private life.	1 2 3 4 5 6
4	Please rate your ability to identify your needs and feelings and to express them in relationships.	1 2 3 4 5 6
5	Please rate your ability to sense when you project destructive feelings onto other people.	1 2 3 4 5 6
6	Please rate your ability to feel and maintain a nurturing connection with other people.	1 2 3 4 5 6
7	Please rate your ability to understand the psychological dynamics in your family.	1 2 3 4 5 6
8	Please rate your ability to live without having to resort to consuming goods and services to stabilise your self-esteem.	1 2 3 4 5 6

No	Physio-emotional Sustainability	Scale
9	Please rate your ability to cope with life's demands without the consumption of alcohol or other drugs.	1 2 3 4 5 6 less ↔ more
10	Please rate your ability to stay emotionally and physiologically balanced.	1 2 3 4 5 6
11	Please rate the amount to which you practice "self-regulation" by means of yoga, Tai Chi, meditation, body-psychotherapy, and the like.	1 2 3 4 5 6
12	Please rate the extent to which you have a friendly and nurturing relationship with your body and to which you use its signals as a way of knowing about your needs and limitations.	1 2 3 4 5 6
13	Please rate your ability to identify emotional and social factors that might be contributing to stress and illness.	1 2 3 4 5 6
14	Please rate the extent to which you are able to experience a unity of body and mind, to which you feel what you think and think what you feel.	1 2 3 4 5 6
15	Please rate your ability to generate and maintain energetic streamings and pulsations in your bodymind. (These sensations appear naturally when people have learned to become comfortable with deep breathing and strong emotional charge, and when they have softened their muscular tensions).	1 2 3 4 5 6
16	Please rate your ability to define yourself through "just being", i.e. through having a good sense of self without having to resort to social roles, status, or wealth.	1 2 3 4 5 6

Your gender is:       Female       Male

No	Environmental Sustainability	Scale
17	Please rate the extent to which you avoid harming the environment in your daily life, e.g., by recycling your waste, using public transport if possible, etc.	1 2 3 4 5 6 less ←→ more
18	Please rate the extent to which you feel that environmental destruction is a serious threat to our health and the health of future generations.	1 2 3 4 5 6
19	Please rate the extent to which you regard the present level of consumption of goods as a threat to the natural environment.	1 2 3 4 5 6
20	Please rate your ability to sense when you project destructive feelings onto the natural environment.	1 2 3 4 5 6
21	Please rate the extent to which you believe that people have to change their consciousness in fundamental ways to avert an environmental catastrophe.	1 2 3 4 5 6
22	Please rate your ability to identify environmental factors that might be contributing to stress and illness.	1 2 3 4 5 6
23	Please rate your ability to create and maintain a felt sense of oneness with the creation, a state of being often also called person-planet unity, ecstasy or grace.	1 2 3 4 5 6
24	Please rate the extent to which you regard the natural environment as a source of healing, inner peace, and inspiration.	1 2 3 4 5 6
25	Please rate the extent to which you are actively involved in political and social actions to protect the natural environment.	1 2 3 4 5 6
26	Please rate the extent to which you engage in “inner work” such as meditation to improve your personal sustainability and the sustainability of the world around you.	1 2 3 4 5 6



## *Sustainable Living for a Sustainable Earth*

Research on Sustainable Living, Sustainable Communities, and a Sustainable Natural Environment

### Sustainability Testing Questions

Dear Friend of the Earth,

I would appreciate your support for a research project designed to lead to an enhancement of healthy communities and a healthy natural environment. By filling out this questionnaire you will make a positive contribution towards the creation of a more sustainable society and natural environment. Many thanks!

Please return this questionnaire to:

Werner Sattmann-Frese, PhD  
Social Ecology Research  
PO Box 4051  
Wagstaffe, NSW 2257

If you are interested in this project, contact me on (02) 4360 2882, on [slse@bigpond.net.au](mailto:slse@bigpond.net.au), or visit [www.slse.edu.au](http://www.slse.edu.au).

*If you wish to have your postage expenses refunded, please put your name and address on the back of the envelope and I will post you three prepaid envelopes as a recognition for your efforts.*