

# Domain Satisfaction

*Here is a sample domain satisfaction scale you can use with clients to get an overview of how satisfied they are with a variety of life areas.*

**Use the following scale to rate your satisfaction with each area of life listed below:**

7 = Totally satisfied

6 = Satisfied

5 = Slightly satisfied

4 = Neutral, neither satisfied nor dissatisfied

3 = Slightly dissatisfied

2 = Dissatisfied

1 = Totally dissatisfied

1. \_\_\_\_\_ Money/Finances
2. \_\_\_\_\_ Friends/Community
3. \_\_\_\_\_ Health/Wellness
4. \_\_\_\_\_ Living Environment
5. \_\_\_\_\_ Spirituality
6. \_\_\_\_\_ Romance/Love
7. \_\_\_\_\_ Personal Development/Growth
8. \_\_\_\_\_ Play/Fun
9. \_\_\_\_\_ Family
10. \_\_\_\_\_ Career/Education
11. \_\_\_\_\_ Other:
12. \_\_\_\_\_ Other:

*Here is a sample domain satisfaction scale that is specific to health and wellness.*

**Use the following scale to rate your satisfaction with each area of health and wellness listed below:**

7 = Totally satisfied

6 = Satisfied

5 = Slightly satisfied

4 = Neutral, neither satisfied nor dissatisfied

3 = Slightly dissatisfied

2 = Dissatisfied

1 = Totally dissatisfied

1. \_\_\_\_\_ Overall Health
2. \_\_\_\_\_ Eating Habits
3. \_\_\_\_\_ Sleep
4. \_\_\_\_\_ Physical Fitness
5. \_\_\_\_\_ Energy Level
6. \_\_\_\_\_ Spirituality
7. \_\_\_\_\_ Weight
8. \_\_\_\_\_ Resiliency
9. \_\_\_\_\_ Support
10. \_\_\_\_\_ Body Image
11. \_\_\_\_\_ Other:
12. \_\_\_\_\_ Other: