

NDLCA

QUESTIONNAIRE

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How often does the following occur for you? Write down the number of your answer for each of the 18 questions.

1. I am deeply content despite
any external matters

1. never
2. rarely
3. sometimes
4. mostly
5. always

2. I embrace all experiences,
even the unpleasant ones

1. never
2. rarely
3. sometimes
4. mostly
5. always

3. I live truthfully to myself,
others, and the world

1. never
2. rarely
3. sometimes
4. mostly
5. always

4. I protect or defend stories I hold about myself

1. always
2. mostly
3. sometimes
4. rarely
5. never

5. I appreciate everyone and everything I encounter in life

1. never
2. rarely
3. sometimes
4. mostly
5. always

6. I feel fundamentally at ease,
even in unpleasant situations

1. never
2. rarely
3. sometimes
4. mostly
5. always

7. I believe my choices are dominated by fear or mistrust

1. always
2. mostly
3. sometimes
4. rarely
5. never

8. I am personally involved in or attached to my own stories

1. always
2. mostly
3. sometimes
4. rarely
5. never

9. I am aware of the stillness,
even in the midst of chaos

1. never
2. rarely
3. sometimes
4. mostly
5. always

10. I assume a role based on my own or others' expectations

1. always
2. mostly
3. sometimes
4. rarely
5. never

11. I feel completely free in my present experience

1. never
2. rarely
3. sometimes
4. mostly
5. always

12. I feel the need to be understood by others

1. always
2. mostly
3. sometimes
4. rarely
5. never

13. I experience stress about
the past or the future

1. always
2. mostly
3. sometimes
4. rarely
5. never

14. I sense fear or anxiety that inhibits my decision-making

1. always
2. mostly
3. sometimes
4. rarely
5. never

15. I feel a profound aliveness
and vitality in and around me

1. never
2. rarely
3. sometimes
4. mostly
5. always

16. I act without the intention
to change anybody or anything

1. never
2. rarely
3. sometimes
4. mostly
5. always

17. I feel grateful or curious
about all life experiences

1. never
2. rarely
3. sometimes
4. mostly
5. always

18. I find beauty in everything
and everyone, just as they are

1. never
2. rarely
3. sometimes
4. mostly
5. always