

RELAXATION

BELIEFS

- DO YOU BELIEVE THAT TIME NOT SPENT WORKING IS WASTED TIME?
- DO YOU BELIEVE THAT PLAYING AND RELAXING IS AS IMPORTANT AS WORK?
- DO YOU BELIEVE THAT EVERYONE NEEDS FREE TIME?
- DO YOU BELIEVE THAT TIME TAKEN FOR RELAXING IS NEGLECTING OTHER AREAS?
- DO YOU BELIEVE RELAXATION IS AN IMPORTANT PART OF LIFE?

EXPERIENCES

- WHERE DO YOU GO TO RELAX?
- DO PEOPLE EVER TELL YOU THAT YOU NEED TO SLOW DOWN?
- WHAT ARE YOUR LEISURE TIME GOALS?
- ARE YOU ABLE TO RELAX AND ENJOY INACTIVITY WITHOUT FEELING GUILTY?
- DO YOU PREFER TO SPEND FREE TIME ALONE OR WITH OTHERS?
- DO YOU SPEND YOUR FREE TIME USUALLY AT HOME OR OUT? IF OUT WHERE?
- HOW DO YOU KNOW YOU'RE BURNED OUT AND NEED TO RELAX?
- WHAT DO YOU DO TO RELAX?
- HOW OFTEN DO YOU KICK OFF YOUR SHOES AND GO BAREFOOT?
- HOW DO YOU FEEL WHEN YOU HAVE A DAY WITH NOTHING TO DO?
- IF YOU HAD SOME FREE TIME WOULD YOU BE MORE LIKELY TO ENROLL IN A COURSE TO IMPROVE YOURSELF OR RELAX AND ENJOY YOURSELF?
- HOW DO YOU SPEND YOUR LEISURE TIME?
- WHICH ARE YOU MOST LIKELY TO USE AS AN OCCASIONAL ESCAPE?-TV?, DRUGS OR ALCOHOL?, RECREATION?, RELIGION?, SOLITUDE?, WORK?
- WHEN YOU ARE RELAXING DO YOU REALLY SOAK UP THE ATMOSPHERE?
- WHEN YOU ARE RELAXING WITH FRIENDS DO YOU EVER FIND YOURSELF REALIZING HOW MUCH YOU ENJOY AND APPRECIATE BEING IN THEIR PRESENCE?
- DO YOU EVER FEEL BORED WHEN YOU HAVE A LOT OF FREE TIME?
- ARE YOUR LEISURE TIME ACTIVITIES RELATED OR UNRELATED TO YOUR WORK?
- DO YOU SIT AND DO NOTHING AT LEAST ONCE A DAY?
- DO YOU EASILY GIVE YOURSELF TIME TO RELAX AND RECREATE OR DO YOU USUALLY HAVE TO BE REMINDED TO DO SO?
- WHAT IS THERE TO DO AROUND YOUR HOUSE THAT GIVES YOU PLEASURE?
- DO YOU HAVE PETS THAT HELP TO RELAX YOU? IF SO WHAT KIND?
- IS TAKING IN NATURE SUCH AS CLOUDS AND SUNSETS A RELAXING EXPERIENCE FOR YOU?
- DO YOU LIKE TO SIT BY A FIRE AND LISTEN TO SOFT MUSIC?
- DO YOU EVER TAKE A DAY OFF JUST FOR YOU?
- DO YOU GIVE YOURSELF EQUAL TIME?
- DO YOU EVER FEEL GUILTY RELAXING?
- DO YOU HAVE AT LEAST ONE EVENING A WEEK WHEN YOU CAN DO WHAT YOU WANT TO DO AND GO TO BED EARLY IF YOU WANT?
- DO YOU PUT TIME ASIDE EACH WEEK FOR LEISURE ACTIVITIES YOU ENJOY?
- WHAT CAN YOU DO TO ALLOW MORE SPONTANEITY IN YOUR LIFE?
- HOW EASILY DO YOU LET THE PLAYFUL CHILD WITHIN YOU COME OUT?
- HOW FREQUENTLY DO YOU ALLOW YOURSELF TO DO THE THINGS YOU ENJOY DOING MOST?
- HOW WOULD YOU PREFER TO SPEND A FREE AFTERNOON?- ALONE OUTDOORS, SOCIALIZING WITH FRIENDS?, HANGING AROUND THE HOUSE? PLAYING SPORTS?
- DID YOU OR DO YOU HAVE TO LEARN HOW TO RELAX?
- DO RECREATIONAL TRIPS SUCH AS FISHING, A MUSEUM, THE ZOO, CIRCUS OR SPORTING EVENTS RELAX YOU?
- DO YOU EVER RELAX BY TAKING NAPS?