**The Compass for Philosophical Health**Philosophical Health International
2025 (Revised)

The following questionnaire is meant as a compliment to the SMILE\_PH protocol of dialogue and counseling (Sense-Making Interviews Looking at Elements of Philosophical Health).

Please respond to each statement using the scale below based on your most recent “typical” experience – how it has generally felt for you in the last four to six weeks. Think about how true each statement is for you based on how frequently or consistently it applies to you within this recent period.

Indicate your response using the numbers corresponding to your preferred answer to the left of each of the following questions.

Rating Scale

1. – Completely Untrue
2. – Rarely True
3. – Undecided
4. –Often True
5. – Completely True

Bodily Sense

1. I feel full of vitality.
2. I feel discomfort with my body.
3. I experience my body as a source of joy.
4. I don't feel grateful for being in my body.
5. I am aware of and act on my body's signals.
6. I feel disconnected from nature, both within myself and in my surroundings.
7. I move with fluidity around the physical world.
8. I find it difficult to gain insights from my body's experiences.

Sense of Self

1. I tend to be the same person in all situations.
2. I struggle to recognize what makes me unique.
3. I believe I understand myself deeply.
4. I am confused about certain aspects of myself.
5. I take responsibility for shaping who I am.
6. I find it difficult to recognize my inner wisdom.
7. I achieve success while staying true to who I am.
8. I find it challenging to differentiate my strengths from my weaknesses.

Sense of Belonging

1. I experience meaningful connections with others.
2. I feel disconnected from the communities around me.
3. I feel a strong sense of connection to the shared human experience.
4. I struggle to feel connected to something greater than myself.
5. I consider life in general as a familiar domain.
6. I struggle to balance time for myself with time spent connecting with others.
7. I maintain my independence while belonging to groups.
8. I don’t feel free to express my thoughts in groups.

Sense of the Possible

1. I believe many possibilities exist even in difficult circumstances.
2. I doubt my potential to create positive change in my life.
3. I recognize opportunities beyond current limitations.
4. I avoid engaging with creative challenges.
5. I turn obstacles into opportunities for enrichment.
6. I find it difficult to recognize opportunities in uncertain situations.
7. I believe in our shared ability to create positive change.
8. I struggle to balance new opportunities with existing responsibilities.

Sense of Purpose

1. I am inspired by values that are meaningful to me.
2. I lack a strong sense of purpose or direction in my life.
3. I remain committed to my chosen purpose even in challenging situations.
4. I sense that my goals are focused primarily on my own success.
5. I can clearly articulate my higher purpose.
6. I find it difficult to align my actions with my ideals.
7. I make an effort to understand other people’s purposes.
8. I do not consider how my purpose benefits others.

Philosophical Sense

1. I face problems with conceptual thinking.
2. I don’t think about situations from a holistic perspective.
3. I notice patterns that help me make sense of life.
4. I rarely consider diverse perspectives when making decisions.
5. I link my daily actions to broader principles and values.
6. I struggle to make meaning out of my experiences.
7. I recognize how my worldview influences my decisions.
8. I struggle to stay reflective during challenging moments.