

Satisfaction Scale

PATTERNS

- Do you see the same/similar words in each region of your scale?
- Are there themes of behavior or emotions in your scale?
- Are there themes that involve other people?
- How is your scale organized? Does it follow frequency? Sexual behaviors? Level of fulfillment? Emotional elements? Relational elements? Embodied and physical experiences? Something else?

PLACE IN TIME

- What kind of future do you expect for yourself? How does that show up in your scale?
- How has your past played a part in your scale?

WHAT DOES IT REVEAL?

- How does your scale reveal what you imagine is possible for you?
- What's missing from your scale? Where is your imagination blunted?
- How does your scale show what you think you deserve? Or what you don't think you deserve?
- How does your current satisfaction rating relate to where you have been before? Where you want to go?