

## GIFTED ADULT LIFE SATISFACTION SURVEY

This survey is designed to encourage you as a gifted adult to think about how well you are meeting your social, emotional, and job-related needs, and to increase your awareness of the unique challenges you face in addressing these needs.

Rate how satisfied you are in the followings areas.

For each statement, please circle a number, ranging from 1 (for “very dissatisfied”) to 5 (“very satisfied”)

	Very Dissatisfied		3	Very Satisfied		NA
	1	2		4	5	
Your understanding of how giftedness causes you to function differently in the world	1	2	3	4	5	NA
Your understanding of your sensitivities and talents: emotional, artistic, interpersonal, physical, etc.	1	2	3	4	5	NA
Productive use of your abilities or talents on the job or in school	1	2	3	4	5	NA
Supervisor’s support for your abilities and needs at work or in school	1	2	3	4	5	NA
The level of acceptance you have experienced from co-workers or classmates	1	2	3	4	5	NA
Amount of recognition for your use of your talents	1	2	3	4	5	NA
Use of your abilities or talents at home or during recreation	1	2	3	4	5	NA
The level of acceptance you have experienced from your family	1	2	3	4	5	NA
The understanding you have experienced from important people in your life	1	2	3	4	5	NA
Your participation in social activities	1	2	3	4	5	NA
Your enjoyment of social activities	1	2	3	4	5	NA
The number of friends you can easily communicate with	1	2	3	4	5	NA
Your relationship with your significant other	1	2	3	4	5	NA
Your relationship with your children	1	2	3	4	5	NA
Having meaning and purpose in your life	1	2	3	4	5	NA
Your direction in life	1	2	3	4	5	NA
Accepting yourself: strengths and weaknesses	1	2	3	4	5	NA
Amount of stimulation: intellectual, artistic, emotional, etc.	1	2	3	4	5	NA
Balance in life: work/ family / self-care/ socialization	1	2	3	4	5	NA
Amount of challenge in your life	1	2	3	4	5	NA

**\*\* Please put an asterisk next to the 7 needs that are most important to you. \*\***

Date\_\_\_\_\_ Age\_\_\_\_\_ M\_\_\_ F\_\_\_ Marital Status\_\_\_\_\_ Occupation\_\_\_\_\_

Your areas of giftedness:\_\_\_\_\_

One of my specialties is addressing the unique challenges gifted adults face.  
 You will find additional resources on my website.

*Please call for a free 30-minute session.*