

Grounded Questionnaire Instructions (Version 1.1, February 3, 2023)

By

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I. Definitions of Groundedness

1. Being in touch/ connected with self and context/ others
 2. Being present in the moment, and calm with self, other, and context
 3. Being in control psychologically (not being controlled)
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II. Domains

1. Be grounded in the 4 domains (1. Body; 2. Mind; 3. Mood; 4. Behavior)
 2. Be grounded for each of the targets in each of the 4 domains: 1. Self (e.g., alone); 2. Viewing Self with the Other; and 3. Relating to the Other; and 4. Relating to context
 3. Score yourself for some of the 20 points below, or even just one of the 20 points; it depends on what you want to work on (domain, target, which example; or any or all of
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them) (there are 4 examples for each of 4 domains, and they all apply for each of the 4 targets = 64 points)

(a) Body	(b) Mind	(c) Mood	(d) Behavior
(i) calmness	(i) calmness	(i) calmness	(i) calmness
(ii) breathing off	(ii) aware	(ii) internal peace	(ii) ready to be/ being functional/ ready to be
(iii) muscles tight	(iii) see big picture and details	(iii) interest/ awe/ curiosity	(iii) solving problems
(iv) presenting as stressed	(iv) focussed/ not overly distracted	(iv) dealing with negative emotions	(iv) breathing/ meditative practice

III. Scan & check your Groundedness

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1. First, score yourself 1-5 (low to high) on any of the points above
 2. Then, do breathing exercises or any meditation to increase your groundedness score in a positive direction
 3. Whatever is getting in the way of your groundedness, act to remove it
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Grounded Questionnaire Scoresheet

1. Fill in as many of the sections as you want, from 1 to all 48
2. Then work on as many as you want, even one of them is good
3. If you want to, write down the steps you used to improve your scores

1. Applied to Self (e.g., if alone)

(a) Body	Score 1-5	(b) Mind	Score 1-5	(c) Mood	Score 1-5	(d) Behavior	Score 1-5
(i) Calm	_____	(i) Calm	_____	(i) Calm	_____	(i) Calm	_____
(ii) Breathing	_____	(ii) Aware	_____	(ii) Peace	_____	(ii) Functional	_____
(iii) Muscles	_____	(iii) Seeing	_____	(iii) Interest	_____	(iii) Solving	_____
(iv) Stress	_____	(iv) Focusing	_____	(iv) Dealing	_____	(iv) Breathing	_____
				with			
				negatives			

2. Applied to Self when with Other (e.g., observing self as you are interacting with someone)

(a) Body	Score 1-5	(b) Mind	Score 1-5	(c) Mood	Score 1-5	(d) Behavior	Score 1-5
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(i) Calm	_____	(i) Calm	_____	(i) Calm	_____	(i) Calm	_____
(ii) Breathing	_____	(ii) Aware	_____	(ii) Peace	_____	(ii) Functional	_____
(iii) Muscles	_____	(iii) Seeing	_____	(iii) Interest	_____	(iii) Solving	_____
(iv) Stress	_____	(iv) Focusing	_____	(iv) Dealing	_____	(iv) Breathing	_____

with
negatives

3. Applied to Your perception of the Other person you are interacting with

(a) Body	Score 1-5	(b) Mind	Score 1-5	(c) Mood	Score 1-5	(d) Behavior	Score 1-5
(i) Calm	_____	(i) Calm	_____	(i) Calm	_____	(i) Calm	_____
(ii) Breathing	_____	(ii) Aware	_____	(ii) Peace	_____	(ii) Functional	_____
(iii) Muscles	_____	(iii) Seeing	_____	(iii) Interest	_____	(iii) Solving	_____
(iv) Stress	_____	(iv) Focusing	_____	(iv) Dealing	_____	(iv) Breathing	_____

with
negatives

(iv) Stress _____ (iv) Focusing _____ (iv) Dealing _____ (iv) Breathing _____
 with
 negatives

4. Applied to Your perception of the Other person you are interacting with

(a) Body	Score 1-5	(b) Mind	Score 1-5	(c) Mood	Score 1-5	(d) Behavior	Score 1-5
(i) Calm	_____	(i) Calm	_____	(i) Calm	_____	(i) Calm	_____
(ii) Breathing	_____	(ii) Aware	_____	(ii) Peace	_____	(ii) Functional	_____
(iii) Muscles	_____	(iii) Seeing	_____	(iii) Interest	_____	(iii) Solving	_____
(iv) Stress	_____	(iv) Focusing	_____	(iv) Dealing	_____	(iv) Breathing	_____

with
 negatives

5. This form is downloadable at rejoiningjoy.com

Make as many electronic copies of this scoresheet as you need

6. Keep a daily record of your scores and the results of working on being more grounded; there could be one to many entries in one day

7. Fill in for each page you work on:

Date: _____ Before or After working on the point(s) you selected _____

Notes. For example, actions taken for this domain score or that (specify)
