

Questionnaire Individuals

Over the years we have developed a questionnaire that is interesting and revealing, yet quite simple to complete, as it will introduce you to our concept of the Green, Yellow and Red Zones.

It will help you to discover for yourself the strength and weaknesses of your personality and lifestyle. It will also help you to decide whether you need professional assistance to improve your quality of life.

The GREENZONE

When people choose to live in the GREENZONE they are, amongst many other things, pleasant and cheerful. They easily carry on a rational discussion with those around them and should a difference of opinion arise, they are able to enthusiastically connect with a healthy and constructive inner strength that will encourage the dialogue that helps to resolve or dissolve their conflicts – and most importantly —build bridges that span all differences.

The Yellow Zone

When in the Yellow Zone people feel Yellow distressed, and anxiety, sadness and anger too often rule their thoughts and actions. Because of their discomfort, they are unable to communicate with others properly and are poorly equipped to deal with stressful situations or interpersonal conflicts. This Zone is a slippery slope that often leads to many problems that await them when they cannot hold on and fall into the Red Zone.

The Red Zone

Those who occupy the Red Zone are extremely unhappy, emotionally exhausted, usually maintain a high state of hidden anger and are extremely distressed. They often lose control and become abusive or completely withdrawn from others, sometimes fleeing to escape — even from themselves! They have great difficulty dealing with stressful situations, unable to have a rational discussion to resolve or dissolve their interpersonal conflicts. At times they lack the will to take care of their personal appearance, overlook proper Refurbishment and avoid being responsible for family members in their charge.

- **Select your answer for each question.**

Please Note: Your Answers will ONLY be used for research purposes. Your Personal Information is NOT Required.

Q.NO	Questions	RED Zone Mark 1	Yellow Zone Mark 3	Green Zone Mark 5
From birth to 15 years				
1.	From birth to 15 years			
2.	From 16 to 30 years			
3.	Over 30 years			
From 16 to 30 years				
1.	In your GREENZONE?			

2.	With your family in your GREENZONE?			
3.	At work in your GREENZONE?			
4.	Socially in your GREENZONE?			
In what Zone are...				
5.	Most of your relationships?			
Do you...				
6.	Do you like and respect yourself?			
7.	Do you see a bright future for yourself?			

- **Interpret** your totals for each area of competency using the following guide.

If score is between 31 to 50	You are in good healthy work environment
If score is between 11-30	You need to discuss with your family and friends about your problems
If Score is between 1-10	You must seek the professional help for healthy working environment or go to our self help green zone living application.

Comment

When you live in the GREENZONE during most aspects of your life, you are very likely leading a happy, healthy and peaceful life. When the Yellow Zone causes pain during much of your life, you need to think seriously about how to improve the quality of your life by immediately discussing it with significant people you trust. When the Red Zone dominates your life, you need to act immediately to seek professional counseling to bring fulfillment and joy into your life.