Figure 3C

Who We Are | How It Works | My meQ | Blog

meQuilibrium

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meQuilibrium Assessment | **Connection Dimension**

Please rate the following statements for how true they are of you, using the following scale. Answer quickly -- don't over-think the questions!

1 ~ not at all true of me | 2 ~ sometimes, or somewhat true of me | 3 ~ moderately true of me | 4 ~ usually true of me | 5 ~ very true of me

The costs of being a stay-at-home parent or juggling work and home outweigh the benefits.	1	2	3	4	5
If I could, I would change the balance of my work versus stay-at-home parenting .	1	2	3	4	5
I feel 'blah' about my life.	1	2	3	4	5
It's hard to get myself motivated in the morning.	1	2	3	4	5
I thought my life would turn out better than it has.	1	2	3	4	5
I tend to keep to myself (away from other adults) during the day.	1	2	3	4	5
I don't spend time with people outside of my immediate family.	1	2	3	4	5
As I look ahead in my life, it's hard to find a purpose.	1	2	3	4	5
I don't find joy in things like I used to.	1	2	3	4	5
If I could change my work-home situation I would.	1	2	3	4	5