

TABLE 4.4 The 16 Areas of Everyday Life Functioning that are the Foci of Quality of Life Therapy (Frisch, 2006).

Area of life functioning	Definition
Health	Being physically fit, not sick, and without pain or disability.
Self-esteem	Liking and respecting yourself in light of your strengths and weaknesses, successes and failures, and ability to handle problems.
Goals-and-values/Spiritual life	(A person's goals-and-values or philosophy of life may or may not include spiritual life.) Goals-and-values are your beliefs about what matters most in life and how you should live, both now and in the future. This includes your goals in life, what you think is right or wrong, and the purpose or meaning of life as you see it. Spiritual life may or may not be an important part of a person's goals-and-values. Spiritual life refers to spiritual or religious beliefs or practices that you pursue on your own or as part of a like-minded spiritual community.
Money (or standard of living)	The money you earn, the things you own (like a car or furniture), and believing that you will have the money and things that you need in the future.
Work	Your career or how you spend most of your time. You may work at a job, at home taking care of your family, or at school as a student. Work includes your duties on the job, the money you earn (if any), and the people you work with.
Play (or recreation)	What you do in your free time to relax, have fun, or improve yourself. This could include watching movies, visiting friends, or pursuing a hobby like sports or gardening.
Learning	Gaining new skills or information about things that interest you. Learning can come from reading books or taking classes on subjects like history, car repair, or using a computer.
Creativity	Using your imagination to come up with new and clever ways to solve everyday problems or to pursue a hobby like painting, photography, or needlework. This can include decorating your home, playing the guitar, or finding a new way to solve a problem at work.
Helping (social service and civic action)	Helping others (not just friends or relatives) in need or helping to make your community a better place to live. Helping can be done on your own or in a group like a church, a neighborhood association, or a political party. Helping can include doing volunteer work at a school or giving money to a good cause.

TABLE 4.4 (Continued)

Area of life functioning	Definition
Love (or love relationship)	A very close romantic relationship with another person. Love usually includes sexual feelings and feeling loved, cared for, and understood.
Friends (or friendships)	People (not relatives) you know well and care about who have interests and opinions like yours. Friends have fun together, talk about personal problems, and help each other out.
Children	How you get along with your child (or children). How you get along as you care for, visit, or play with your child (or children).
Relatives	How you get along with your parents, grandparents, brothers, sisters, aunts, uncles, and in-laws. How you get along when you are doing things together like visiting, talking on the telephone, or helping each other.
Home	Where you live. Your house or apartment and the yard around it. How nice it looks, how big it is, and your rent or house payment.
Neighborhood	The area around your home. How nice it looks, the amount of crime in the area, and how well you like your neighbors.
Community	The whole city, town, or rural area where you live (not just your neighborhood). Community includes how nice the area looks, the amount of crime, and how well you like the people. It also includes places to go for fun like parks, concerts, sporting events, and restaurants. You may also consider the cost of things you need to buy, the availability of jobs, the government, schools, taxes, and pollution.

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