

Balancing Life Domains



Today

- Chapter 1: Life Domains (Water)
- Chapter 2: Life Balance
- Chapter 3 Life Domain Satisfaction
- Chapter 4: Need Satisfaction
- Chapter 5: Activities per Life Domain
- Chapter 6: Summary

1



Life Domains
(water)

Life domains

- first element of sailboat
- starting point of interventions



Core question

?

“What are the individual’s most important life domains?”

Life domains

- different aspects of life
- “segments” of reality
- e.g. health, friends, leisure-time, work, family



Life domains

The most frequently addressed life domains in research are:

- health
- family
- income
- relationships
- work
- sex life
- housing
- safety
- self-worth
- education

Chapter 1 – Life Domains (water)

Sailboat metaphor



Practical benefits

- more complete picture of client's life
- wider range of options for finding valuable resources and solutions
- widen scope of the client's self-definition

Practical advice



- at least 173 different domain names (Cummins, 1996)
- meaning may differ per individual
- ask the client to generate the names of domains rather than pre-made list

Chapter 1 – Life Domains (water)

Your most important life domains



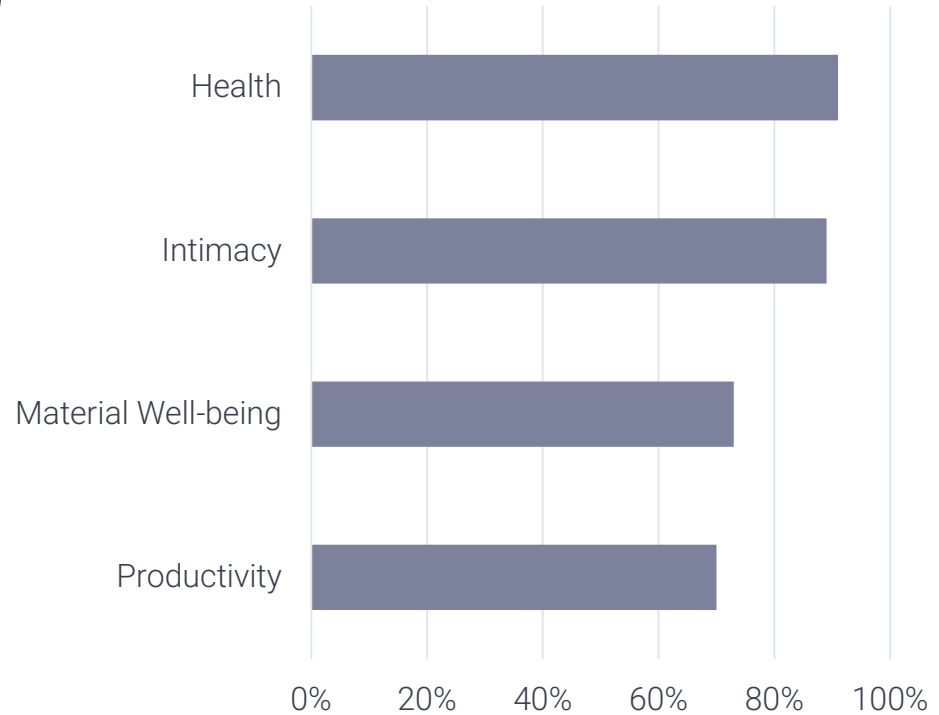
Choose up to 10 of the most important domains in your life.

Interconnection

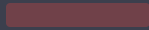
- a change in one life domain may influence or coincide with a change in another life domain (e.g. divorce - unemployment)
- work-family enrichment: e.g skills at home → work

Campbell et al. (1976)

- How important is this life domain to you?
- US Americans
- similar findings in 28 European countries (Delhey, 2004)



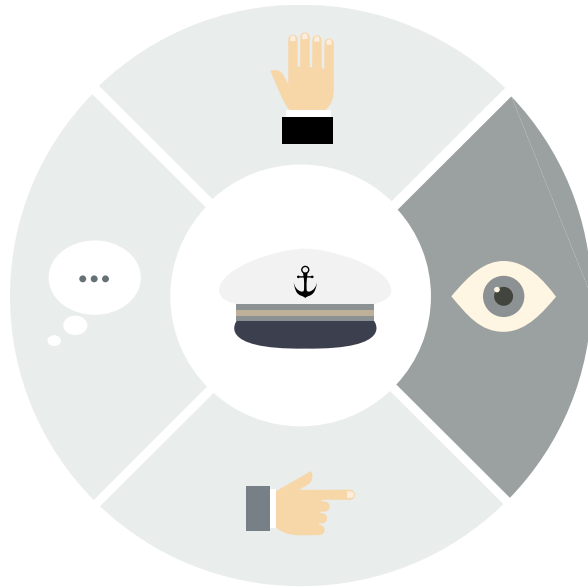
2



Life Balance
(water - attention)

Chapter 2 – Life Balance (water - attention)

The Captain: Attention



Core question

?

“To what extent is there a balanced amount of attention for the different life domains?”

Niven (2000, p. 71)

”

“Your life is made up of many different facets. Don't focus on one aspect of your life so much that you can't experience pleasure if that one area is unsettled.”

Research findings

the ability to balance life demands has been found to be positively related to:

- life satisfaction
- marital satisfaction
- mental health

Research findings

failing to achieve a balance across life domains is associated with:

- higher stress
- health problems
- family conflict
- overall decrease in well-being and quality of life

Why life balance?

- perceived importance of life domains changes during life
- amount of satisfaction that can be derived from a single life domain is limited



Sailboat metaphor

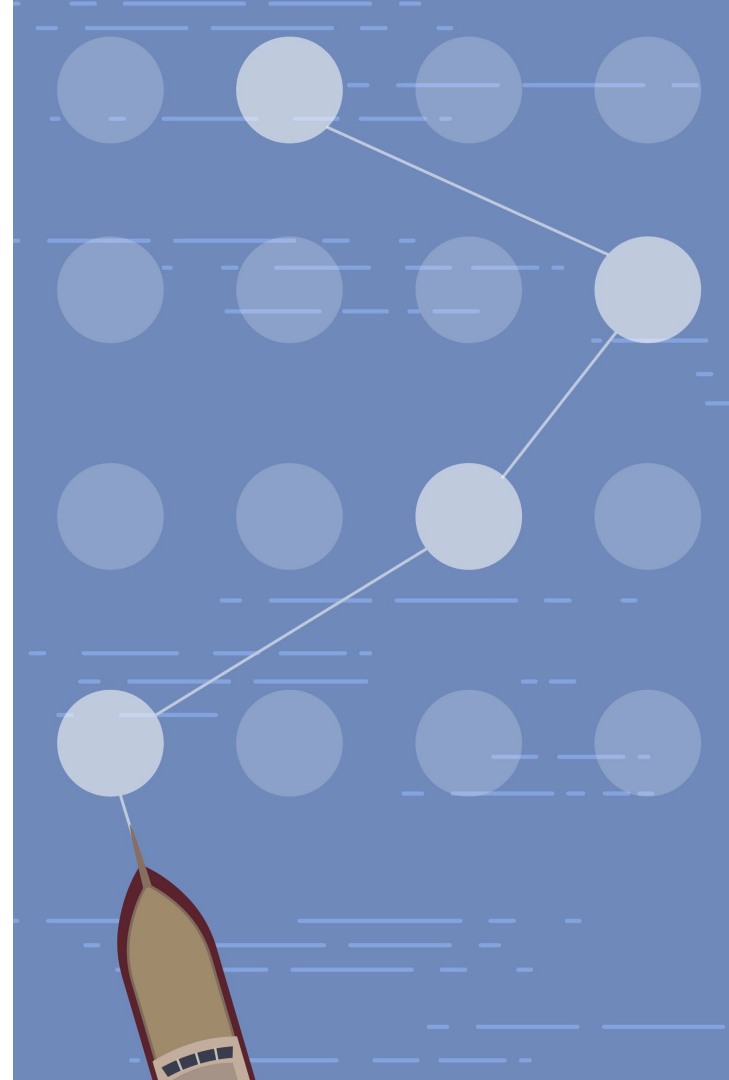
- insufficient navigation to other parts of the water
- one-sided journey



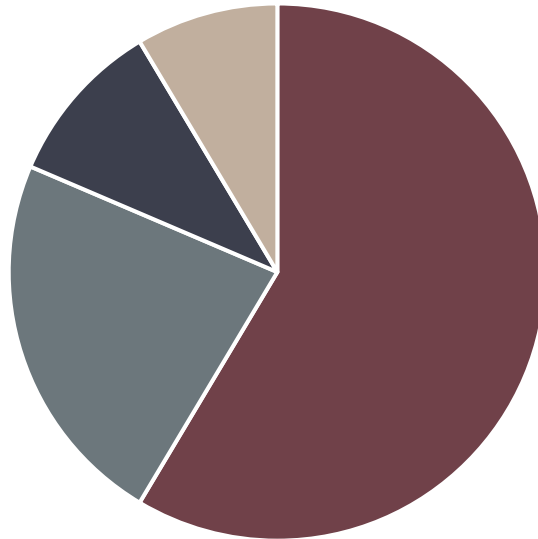
Chapter 2 – Life Balance (water - attention)

Sailboat metaphor

- regularly adjusting course of boat
- enjoying the beauty of the whole ocean



Life domain diagrams



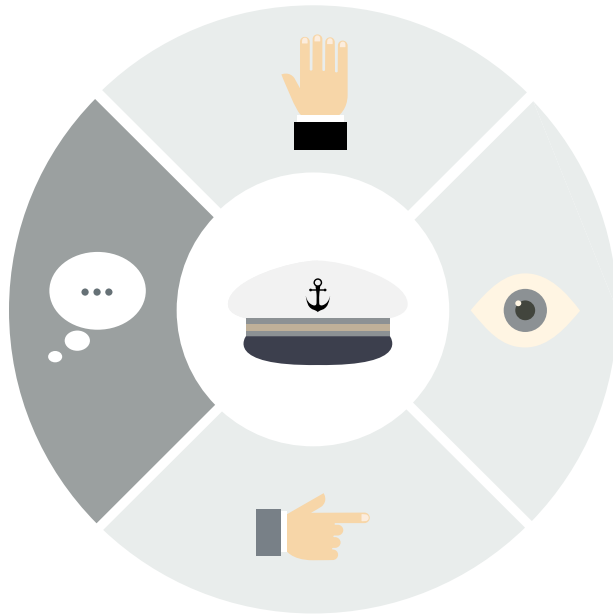
■ Work ■ Friends ■ Music ■ Spouse

3



Life Domain Satisfaction
(water - thoughts)

The captain: Thoughts



Core question

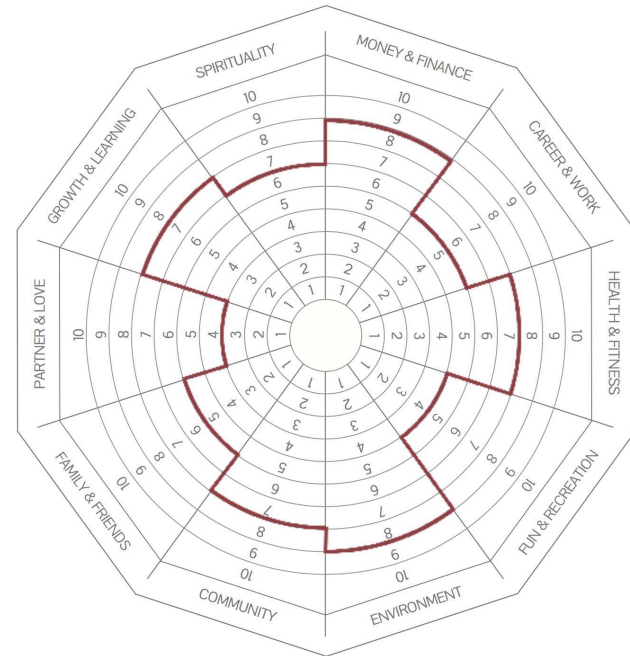
?

“How satisfied is the individual in each of their different life domains?”

Wheel of Life



1. enter the names of life domains in the outer rim of the Wheel of Life.
2. rate level of satisfaction in each of the domains (0-10).
3. connect the lines to form an inner wheel
4. in pairs, discuss the insights from this exercise



Weighted satisfaction score?

Weighted satisfaction score does **not** seem to have any advantages in predicting global satisfaction over unweighted scores:

- accurate assessment of importance is difficult/arbitrary
- life domains are highly connected

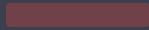
Chapter 3 – Life Domain Satisfaction (water – thoughts)

Sailboat metaphor

the evaluative thoughts of
the captain while sailing
on a particular area of the
sea



4

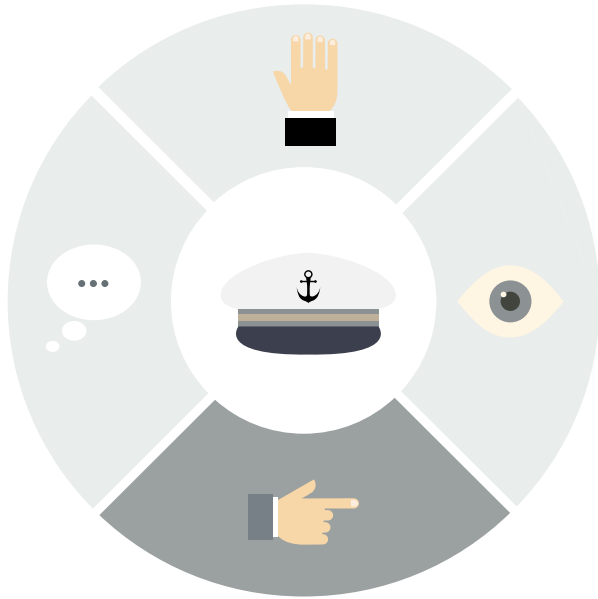


Need Satisfaction

(water - motivation)

Chapter 4 – Need Satisfaction (water – motivation)

The captain: Motivation



Core question

?

“Which needs are being satisfied through the activities in each life domain?”

Deci & Ryan (2003, p. 229)

”

“...[psychological] needs specify innate psychological nutriments that are essential for ongoing psychological growth, integrity, and well-being.”

Needs

- people are motivated to fulfil needs (e.g. autonomy, relatedness)
- more successful need satisfaction = more life satisfaction
- life domains are organised and structured around several needs

Chapter 4 – Needs (water – motivation)

Example of needs per life domain



Need satisfaction limits

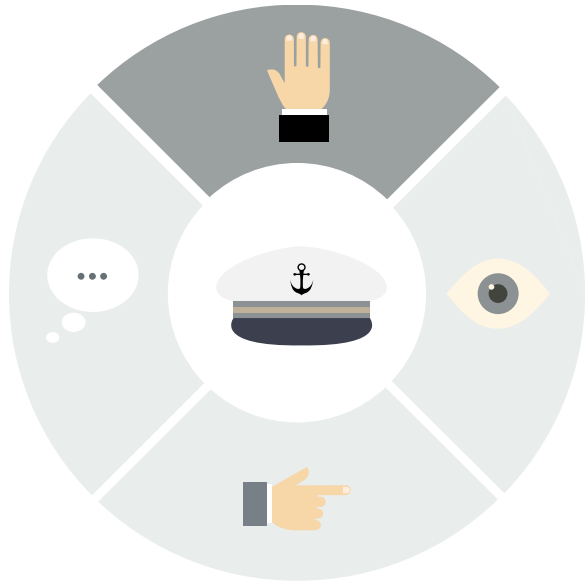
- subjective well-being is not simply the result of positive minus negative affect
- satisfaction from one life domain can contribute only a limited amount of positive affect to subjective well-being
- overinvestment in one life domain = thwarting of needs

5



Activities per Life Domain
(water - action)

The captain: Action



Core question

?

“What kind of behaviour is required to increase life balance and satisfaction across life domains?”

Chapter 5 – Activities per Life Domain (water – action)

Activities per life domain

LIFE DOMAIN

ACTIVITY

ACTIVITY

ACTIVITY

ACTIVITY

Chapter 5 – Activities per Life Domain (water – action)

Activities per life domain

HEALTH

CYCLING

HEALTHY
COOKING

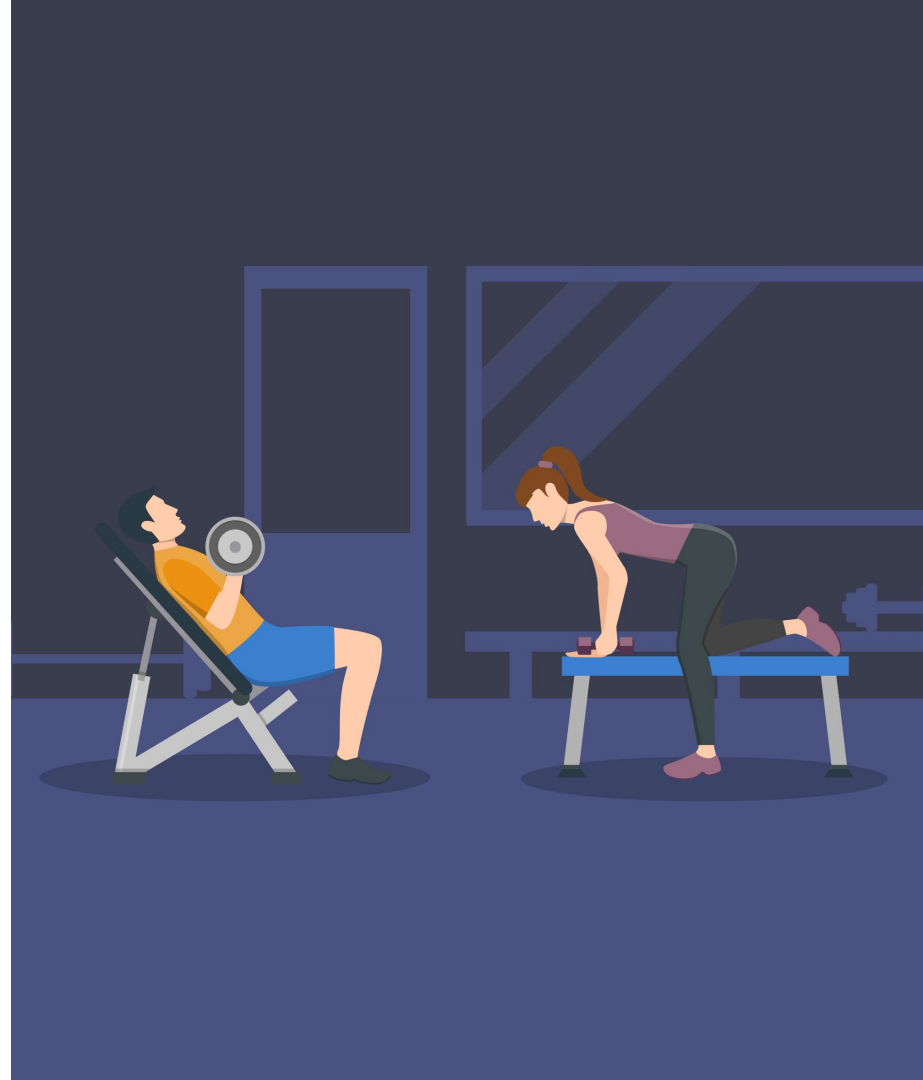
REST

MEDICAL
CHECKUPS

Chapter 5 – Activities per Life Domain (water – action)

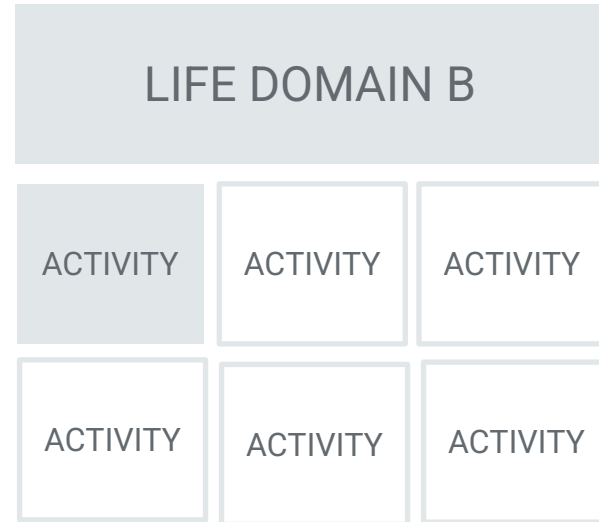
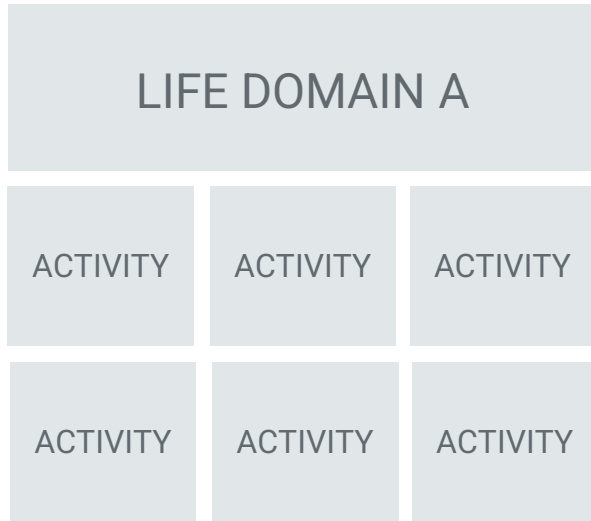
Important note

many activities serve multiple
life domains at the same time



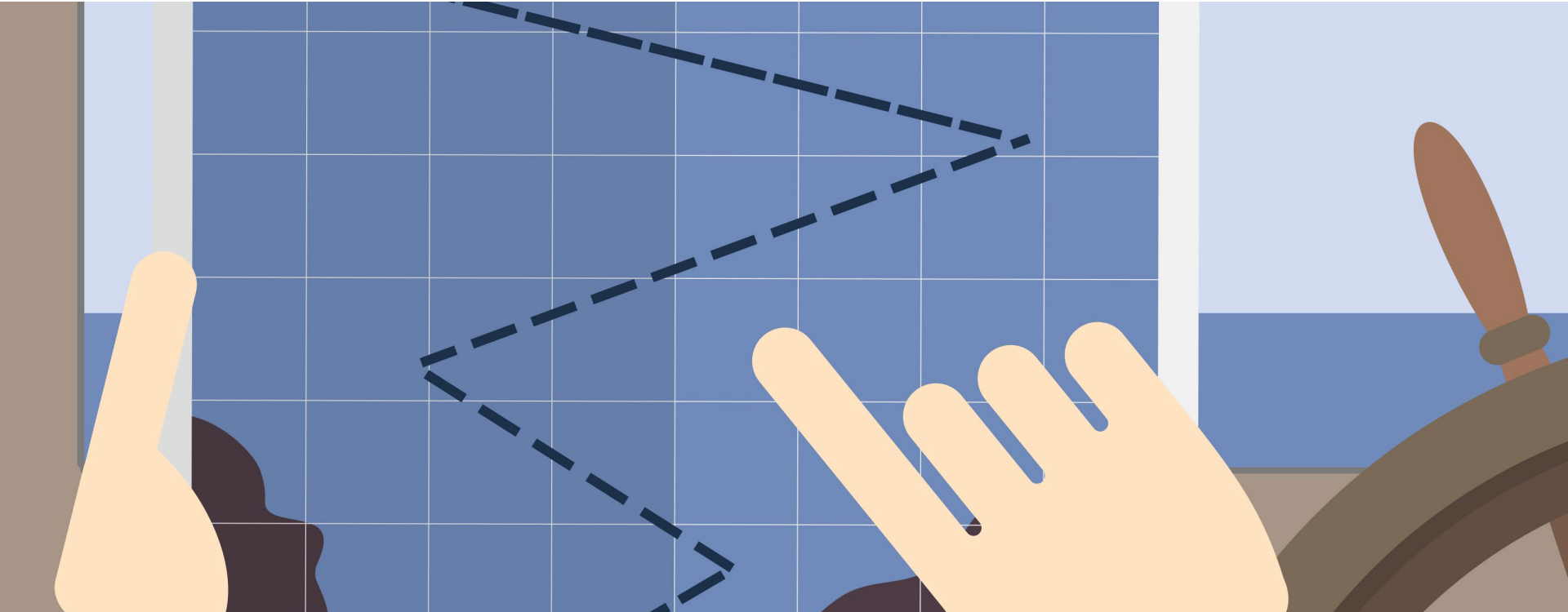
Types of behavioral change

1. redistribution of time



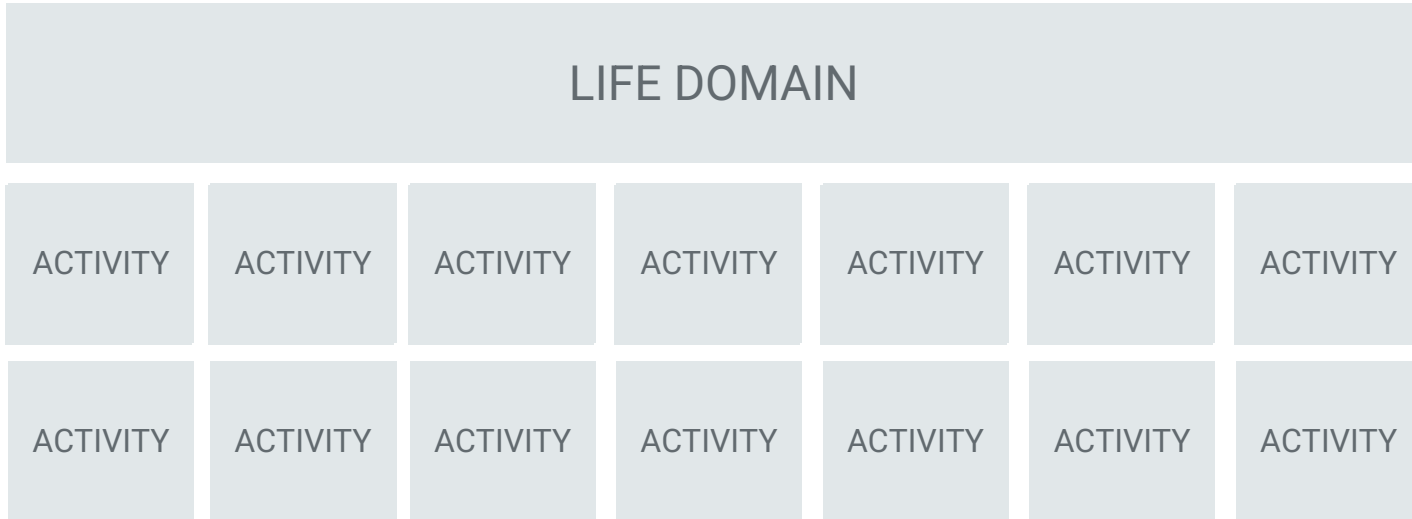
Chapter 5 – Activities per Life Domain (water – action)

Sailboat metaphor



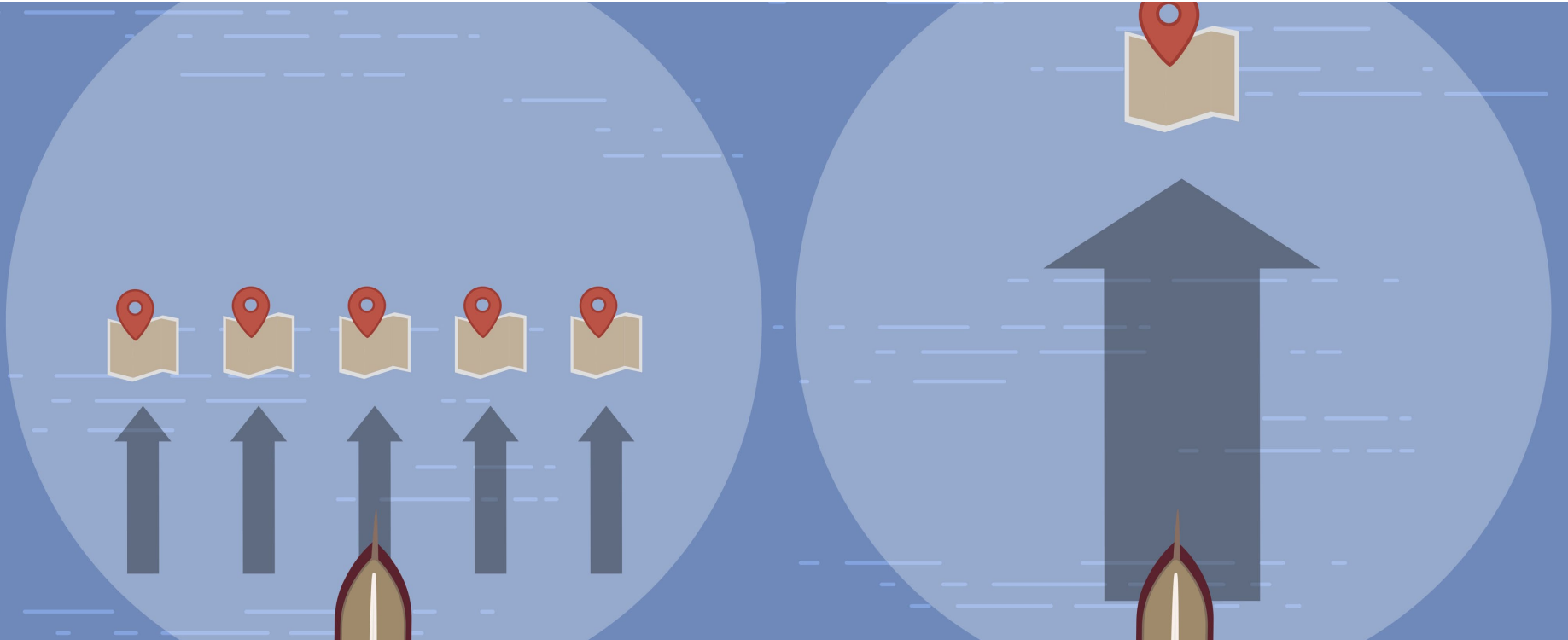
Types of behavioral change

2. increasing priority; too many different activities



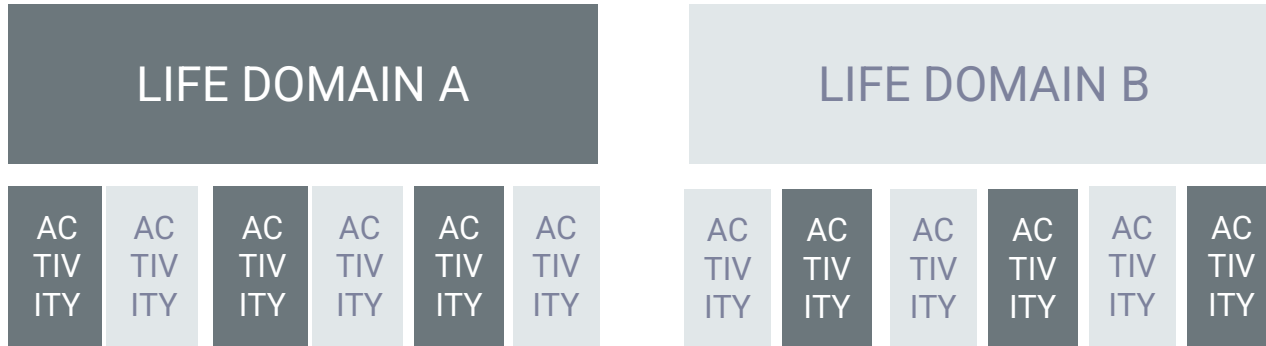
Chapter 5 – Activities per Life Domain (water – action)

Sailboat metaphor



Types of behavioral change

3. acting with more awareness



Chapter 5 – Activities per Life Domain (water – action)

Sailboat metaphor



Required action



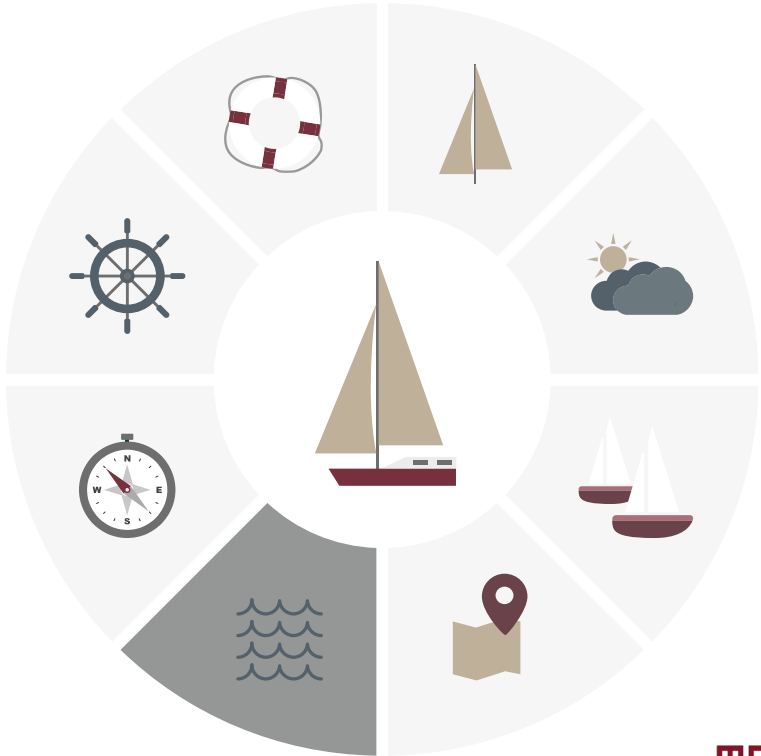
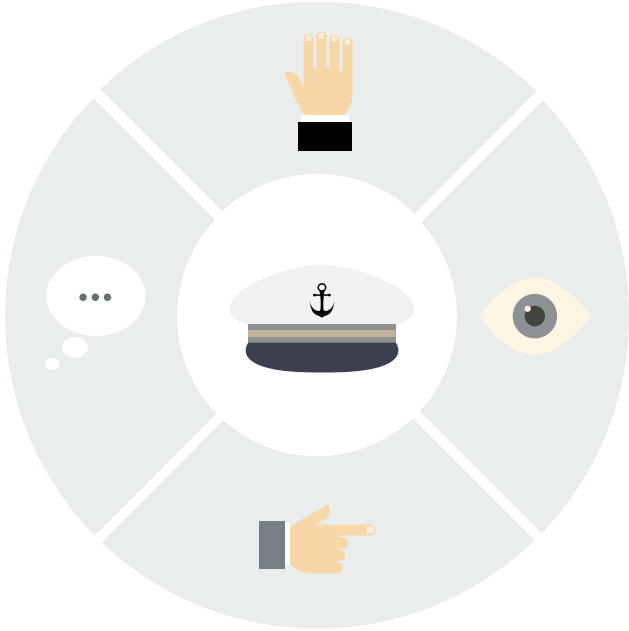
- Take a look at the results from the Wheel of Life and the Life Domain Diagrams.
- Which life domain needs the most attention right now?
- Which action(s) may be required in this life domain?

6



Summary

Today



Thanks



for your attention