

Assessing a Person's Connections to Nature

History: early memories, formative experiences, cultural influences, etc

1. What is your earliest memory of nature? What was your impression as a child of your family's relationship with nature? Your religion's? Did you have a sense of how your immediate ancestors related to nature?
2. How did the important adult figures in your early life relate to nature?
3. What were important experiences for you in nature in your first decade? In your second? In your adult life?
4. Did you have opportunities for frequent unstructured and unsupervised play in nature as a child?
5. Did you experience the loss/destruction of favorite natural places as you grew up? What was your reaction? Has this affected your life?
6. Did you experience any traumas in relationship to the natural world?
7. Did you have a secret place in nature? What was it like?
8. Were you allowed to go outside in strong weather or in the dark? And was it ok to get dirty or wet?
9. Did you have a vegetable garden?
10. What influences about nature did you pick up from TV, school, books, stories?
11. Describe the landscape around your house. Draw a map.

Feelings: unpacking the range of feelings about the natural world

1. Describe the experience in your life that gives you the most satisfaction
2. When and where do you feel safest in nature?
3. When and where do you feel unsafe in nature?
4. What natural places do you like the most? The least? Why?
5. What animals or other living beings do you like the most? The least? Why?
6. Do you have any phobias regarding the natural world?
7. Describe your level of comfort in the natural world. What do you avoid to maintain that level?
8. What experiences of death have you had (both human and non-human)?
9. Describe your relationship with time. Are you often in a hurry?
10. Have you ever been lost in the natural world? What happened?

Lifestyle: Pleasures, habits, hobbies, addictions, ideals

1. How much daily contact do you have with the natural world?
2. What is an ideal day for you?
3. What do you do to relax? What do you do to play?
4. How do you eat? What kind of food do you eat? What is your relationship with food?
5. Do you spend much time shopping? Do you enjoy it?
6. Describe the possessions you have which you value the most. And why do you value them?
7. Do you ever buy things you don't need, or that you don't even want? What kinds of things?
8. How do you relate to the weather? What is "bad" weather to you?
9. How do you relate to the seasons? Which do you like the most and least and why?

The Body as Nature

1. How were you born? What do you know about your early infancy?
2. Have you ever given birth or been present at a birth? Describe your feelings.
3. Describe how you feel when you see your own blood, and the blood of others.
4. Describe how you relate to cold and heat.
5. Where in nature does your body feel best?
6. Are there any bodily processes, needs, or sounds, etc., that make you feel uncomfortable or embarrassed?
7. What are your feelings about your body growing older? What are your feelings about your own dying process?