

Project Selection Tools by Dorji Penjore (work under progress)

14. Psychological Well-being

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1. Social support			
Will weaken existing social support system	Not sure if it will weaken or strengthen social support system	Will not weaken social support system	Will strengthen existing social support system
1	2	3	4

2. Instrumental support			
Will weaken instrumental support ¹ of community	Not sure if it will weaken or strengthen instrumental support of community	Will not weaken instrumental support of community	Will strengthen instrumental support of community
1	2	3	4

3. Emotional support			
Will erode emotional support of family and community	No sure whether it will erode or strengthen emotional support of community and family	Will not erode emotional support of community and family	Will result in a strong emotional support of community and family
1	2	3	4

4. Emotion1:² calmness			
Will result in an individual experiencing decreased level of calmness	Not sure if it will result in an individual experiencing decreased level of calmness	Will not result in an individual experiencing decreased level of calmness	Will result in an individual experiencing increased level of calmness
1	2	3	4

5. Emotion2: empathy/compassion			
Will result in an individual experiencing	Not sure if it will result in an individual experiencing	Will not result in an individual experiencing	Will result in an individual experiencing

¹ Support for solving problems

² In Buddhist philosophy, calmness, empathy, forgiveness, contentment, and generosity are considered positive emotions. Negative emotions are anger, envy, guilt, resentment, selfishness, jealousy, pride, disappointment, sadness, and frustration.

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decreased level of empathy/compassion	decreased level of empathy/compassion	decreased level of empathy/compassion	increased level of empathy/compassion
1	2	3	4

6. Emotion3: forgiveness			
Will result in an individual experiencing decreased level of forgiveness	Not sure if it will result in an individual experiencing decreased level of forgiveness	Will not result in an individual experiencing decreased level of forgiveness	Will result in an individual experiencing increased level of forgiveness
1	2	3	4

7. Emotion4: contentment			
Will result in an individual experiencing decreased level of contentment	Not sure if it will result in an individual experiencing decreased level of contentment	Will not result in an individual experiencing decreased level of contentment	Will result in an individual experiencing increased level of contentment
1	2	3	4

8. Emotion5: generosity			
Will result in an individual experiencing decreased level of generosity	Not sure if it will result in an individual experiencing decreased level of generosity	Will not result in an individual experiencing decreased level of generosity	Will result in an individual experiencing increased level of generosity
1	2	3	4

9. Emotion6: anger			
Will result in an individual experiencing decreased level of anger	Not sure if it will result in an individual experiencing decreased level of anger	Will not result in an individual experiencing decreased level of anger	Will result in an individual experiencing increased level of anger
1	2	3	4

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10. Emotion7: envy			
Will result in an individual experiencing decreased level of envy	Not sure if it will result in an individual experiencing decreased level of envy	Will not result in an individual experiencing decreased level of envy	Will result in an individual experiencing increased level of envy
1	2	3	4

11. Emotion8: guilt			
Will result in an individual experiencing decreased level of guilt	Not sure if it will result in an individual experiencing decreased level of guilt	Will not result in an individual experiencing decreased level of guilt	Will result in an individual experiencing increased level of guilt
1	2	3	4

12. Emotion9: resentment			
Will result in an individual experiencing decreased level of resentment	Not sure if it will result in an individual experiencing decreased level of resentment	Will not result in an individual experiencing decreased level of resentment	Will result in an individual experiencing increased level of resentment
1	2	3	4

13. Emotion10: selfishness			
Will result in an individual experiencing decreased level of selfishness	Not sure if it will result in an individual experiencing decreased level of selfishness	Will not result in an individual experiencing decreased level of selfishness	Will result in an individual experiencing increased level of selfishness
1	2	3	4

14. Emotion11: jealousy			
Will result in an individual experiencing decreased level of jealousy	Not sure if it will result in an individual experiencing decreased level of jealousy	Will not result in an individual experiencing decreased level of jealousy	Will result in an individual experiencing increased level of jealousy
1	2	3	4

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1	2	3	4
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15. Emotion12: pride			
Will result in an individual experiencing decreased level of pride	Not sure if it will result in an individual experiencing decreased level of pride	Will not result in an individual experiencing decreased level of pride	Will result in an individual experiencing increased level of pride
1	2	3	4

16. Emotion13: disappearance			
Will result in an individual experiencing decreased level of disappearance	Not sure if it will result in an individual experiencing decreased level of disappearance	Will not result in an individual experiencing decreased level of disappearance	Will result in an individual experiencing increased level of disappearance
1	2	3	4

17. Emotion14: sadness			
Will result in an individual experiencing decreased level of sadness	Not sure if it will result in an individual experiencing decreased level of sadness	Will not result in an individual experiencing decreased level of sadness	Will result in an individual experiencing increased level of sadness
1	2	3	4

18. Emotion15: frustration			
Will result in an individual experiencing decreased level of frustration	Not sure if it will result in an individual experiencing decreased level of frustration	Will not result in an individual experiencing decreased level of frustration	Will result in an individual experiencing increased level of frustration
1	2	3	4

19. Stress			
Will increase stress of person	Not sure if it will increase stress of person	Will not increase stress of person	Will relieve stress of person

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1	2	3	4
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20. Stress1: Children's future			
Will increase levels of stress because of concern over children's future	Not sure if it will increase levels of stress because of concern over children's future	Will not increase levels of stress because of concern over children's future	Will decrease levels of stress because of concern over children's future
1	2	3	4

21. Stress2: Financial pressure			
Will increase levels of stress because of a financial pressure	Not sure if it will increase levels of stress because of a financial pressure	Will not increase levels of stress because of a financial pressure	Will decrease levels of stress because of a financial pressure
1	2	3	4

22. Stress3: Illness in family			
Will increase levels of stress because of an illness in family	Not sure if it will increase levels of stress because of an illness in family	Will not increase levels of stress because of an illness in family	Will decrease levels of stress because of an illness in family
1	2	3	4

23. Stress4: Work			
Will increase levels of stress because of work	Not sure if it will increase levels of stress because of work	Will not increase levels of stress because of work	Will decrease levels of stress because of work
1	2	3	4

24. Stress5: Threat to crops from wild animals			
Will increase levels of stress because of threat to crops from wild animals	Not sure if it will increase levels of stress because of threat to crops from wild animals	Will not increase levels of stress because of threat to crops from wild animals	Will decrease levels of stress because of threat to crops from wild animals

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	2	3	4
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25. Stress6: Death in a family			
Will increase levels of stress because of a death in a family	Not sure if it will increase levels of stress because of a death in a family	Will not increase levels of stress because of a death in a family	Will decrease levels of stress because of a death in a family
1	2	3	4

26. Stress7: Errands			
Will increase levels of stress because of errands	Not sure if it will increase levels of stress because of errands	Will not increase levels of stress because of errands	Will decrease levels of stress because of errands
1	2	3	4

27. Stress8: Woola			
Will increase levels of stress because of <i>woola</i>	Not sure if it will increase levels of stress because of <i>woola</i>	Will not increase levels of stress because of <i>woola</i>	Will decrease levels of stress because of <i>woola</i>
1	2	3	4

28. Stress9: threat to crops from natural calamity			
Will increase levels of stress because of a threat to crops from a natural calamity	Not sure if it will increase levels of stress because of a threat to crops from a natural calamity	Will not increase levels of stress because of a threat to crops from a natural calamity	Will decrease levels of stress because of a threat to crops from a natural calamity
1	2	3	4

29. Stress10: family relations			
Will increase levels of stress because of family relations	Not sure if it will increase levels of stress because of family relations	Will not increase levels of stress because of family relations	Will decrease levels of stress because of family relations
1	2	3	4

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1	2	3	4
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30. Stress11: School work			
Will increase levels of stress because of school work	Not sure if it will increase levels of stress because of school work	Will not increase levels of stress because of school work	Will decrease levels of stress because of school work
1	2	3	4

31. Stress12: Disputes with neighbours			
Will increase levels of stress because of disputes with neighbours	Not sure if it will increase levels of stress because of disputes with neighbours	Will not increase levels of stress because of disputes with neighbours	Will decrease levels of stress because of disputes with neighbours
1	2	3	4

32. Stress13: Alcohol abuse of family member(s)			
Will increase levels of stress because of alcohol abuse of family member(s)	Not sure if it will increase levels of stress because of alcohol abuse of family member(s)	Will not increase levels of stress because of alcohol abuse of family member(s)	Will decrease levels of stress because of alcohol abuse of family member(s)
1	2	3	4

33. Stress14: Drug abuse of family member(s)			
Will increase levels of stress because of drug abuse of family member(s)	Not sure if it will increase levels of stress because of drug abuse of family member(s)	Will not increase levels of stress because of drug abuse of family member(s)	Will decrease levels of stress because of drug abuse of family member(s)
1	2	3	4

34. Family relation			
Will deteriorate family life/relations	Not sure if it will deteriorate family life/relations	Will not deteriorate family life/relations	Will improve family life/relations

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1	2	3	4
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35. Religious activity			
Will result in discontinuation of or decreased spiritual activity	Not sure if it will result in discontinuation of or decreased spiritual activities	Will not result in discontinuation of or decreased spiritual activities	Will contribute to continuation of or increased spiritual activities
	2	3	4

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