Inventory of Difficulties in Embracing Active Life Sustainability 🍃

Name: …………………………..   Date: …………………..

Surname: …………………………..

This questionnaire aims to produce a better understanding of the difficulties you may encounter when considering ecological and/or human issues in the context of making career choices. Below, you will find 18 statements about the career development process. Indicate the degree to which you agree with them (not at all, a little or a lot) by placing a check mark in the corresponding box.

	Not at all	A little	A lot
1. I don't see the point in integrating ecological or human sustainability issues into my career—or, at least, it's not my priority.			
2. I am not confident in my ability to make a positive contribution to the climate or society through my career.			
3. I tend to be pessimistic about the future of the planet and humanity and to expect the worst for my career.			
4. My anxiety about the future of the planet and humanity impedes my career development process.			
5. I can contribute to the planet and humanity only through my work or only through my private life.			
6. I believe that only jobs that re directly linked to the environmental or social issues would allow me to be useful to the planet or humanity.			
7. I would like to choose an occupation that matches my ecological or human values.			
8. I don't know how to integrate ecological or human sustainability concerns into my career choices.			
9. I find it hard to identify the ecological and human issues to which I would like to contribute.			
10. I can't figure out which of my resources I can use to contribute to the protection of the planet and humanity.			

	Not at all	A little	A lot
11. I need information about jobs or training related to the protection of the environment and humanity.			
12. I wonder which jobs will disappear or be created in response to the climate and/or social crisis.			
13. I wish to live in accordance with my ecological and human values, but I find it difficult to do so concretely.			
14. I would like my career to help change the world.			
15. I disagree with the values of the organization for which I (used to) work or the institution at which I (used to) study.			
16. It seems to me that my plans for an environmentally or humanly sustainable career are limited by factors beyond my control.			
17. I fear that considering a career focused on ecological or human values will undermine my (current or desired) well-being.			
18. I tend to avoid ecological and human questions because I feel powerless to address them in my career.			

IDEALS' reference grid with regards to Gati et al.'s (1996) adapted Taxonomy of Career Decision-Making Difficulties and links toward corresponding chapters of the book "Mapping Career Counseling Interventions: A Guide for Career Practitioners."

Items	Taxonomy	Difficulties	Interventions
1	**Lack of motivation**	Lack of importance on integrating sustainability into one's career	Chap. 1.2
2		Lack of confidence in one's ability to integrate sustainability into his career	Chap. 1.4
3	**Indecisiveness**	Pessimism about the future of the planet and humanity	Chap. 2.1
4		Eco-anxiety	Chap. 2.6
5	**Dysfunctional beliefs**	Dysfunctional beliefs about the fields of action for sustainability	Chap. 1.3
6		Dysfunctional beliefs about the sustainable options	Chap. 3.7
7	**Lack of information about the career development process**	Confusion the concepts of "occupation" and "position"	Chap. 3.1
8		Lack of information on the components of a sustainable choice	Chap. 4.3
9	**Lack of information about the self**	Lack of information on personally relevant sustainable development goals	Chap. 5.6
10		Lack of information on personal resources	Chap. 5
11	**Lack of information about the options**	Lack of information on existing sustainable occupations and training	Chap. 6.5
12		Lack of information on future sustainable occupations and training	Chap. 6.6
13	**Internal conflicts**	Ambivalence towards adopting (more) sustainable career behaviors	Chap. 7.5
14		Sustainable aspirations (a little bit) disproportionate	Chap. 7.2
15	**External conflicts**	Conflict between the professional environment and ecological and human values	Chap. 7.4
16		Feeling of powerlessness regarding structural constraints of sustainable projects	Chap. 8.5
17	**Lack of employability**	Confusion about the components of sustainable well-being	Chap. 9.1
18		General difficulty in dealing with ecological and human issues	Chap. 9.6