

**"Flourishing Community" model variables & Kimeru Translations**

Measure	#	English	#	Kimeru translation
Curiosity	1	I view challenging situations as an opportunity to grow and learn.	1	Ni mbolelacia /mbonaga makarika ya mathiina ya njira e gukura na kuthoma
	2	I am always looking for experiences that challenge how I think about myself and the world.	2	Rionthe imbithagirwa ngicoa mantu jameru ya umpaa mucukumo jwa uria ndithuganairia amwe na nthiguru yonthe
	3	I seek out situations where it is likely that I will have to think in depth about something.	3	Ni ncuaga twanya/kaanya aria kumbika nthuganirua untu bwa ndeene muno
	4	I enjoy learning about subjects that are unfamiliar to me.	4	Ni nguiraga kuthoma natu jameru jaria ntathoma /ntamenya kairi
	5	I find it fascinating to learn new information.	5	Ni mbonaga kurina bata kumenya/kwitherwa ndiina umenyu bwa untu bubweru
Deprivation Sensitivity [6-10]	6	Thinking about solutions to difficult conceptual problems can keep me awake at night.	6	Kuthoganirua mataro/macokio ya ubatu buritu yoomba gutuma ngaicia toro utuku bionthe/ nkaremma kumama
	7	I can spend hours on a single problem because I just can't rest without knowing the answer.	7	Ndajukia mathaa /kagiita kuthoganirua ubatu/thiina nontu bwa kunogoka ntina macokio yakung'aniira
	8	I feel frustrated if I can't figure out the solution to a problem, so I work even harder to solve it.	8	Ni mbibacua buthuuku/nkigitara riria ndacia /ndaremma ni macokio ya ubatu na nindiciumacia muno kuona nkuumbana
	9	I work relentlessly at problems that I feel must be solved.	9	Ni mbitaraga riria ndoona ntina umenyu bwa kung'ana buria nkienda
	10	It frustrates me not having all the information I need.	10	Ni ncuumbuka muno riria ndacia mataro yaria nkenda
Stress tolerance [11-15]	11	The smallest doubt can stop me from seeking out new experiences.	11	Nkarari cia kintu kinini ciomba ungrira guciumiria gucoo/kuona mantu/makarika yameru
	12	I cannot handle the stress that comes from entering uncertain situations.	12	Ntiumba kuumiria/gukinyiilia kiri mathiina yakonie makarika yaria yejaira ntrigirite/ntabangirite
	13	I find it hard to explore new places when I lack confidence in my abilities.	13	Ni mbonaa buri untu bubuumu gutonyera kiri untu/kuntu gikweru kiria ntina uchamba kiri mauumbani yakwa
	14	I cannot function well if I am unsure whether a new experience is safe.	14	Ntiumba kuiritanirua bwega buru kiri untu bubweru ukwethirwa ntiwitikia ukaria bwakio
	15	It is difficult to concentrate when there is a possibility that I will be taken by surprise.	15	Kurina inya e kuumiria mathoganio yakwa kiri kintu riria kumbika kwitherwa tibuo kugakarika nyumene
Social Curiosity	16	I like to learn about the habits of others.	16	Impendete kumenya/kuthoma mikarie cia baangi
	17	I like finding out why people behave the way they do.	17	Impendete kumenya gitumi antu bathithacia/ bakaraga uria bakaraga
	18	When other people are having a conversation, I like to find out what it's about.	18	Riria antu barina rwaria rwao,impendete kumenya bariiraria mantu yakari atia /ya riku
	19	When around other people, I like listening to their conversations.	19	Ndi kiri antu baangiimpendete kuthiiraria ruria /nduaria ciao
	20	When people quarrel, I like to know what's going on.	20	Riria antu baguteta/bakuthethania, impendaga kumenya gitumi/biria bikuthithiika
Meaning in Life	1	I understand my life's meaning.	1	Nimenyaga gitumi kia uturo bwakwa
	2	I am looking for something that makes my life feel meaningful.	2	Ningucua untu buria bumba kureta gitumi uturone bwakwa
	3	I am always looking to find my life's purpose.	3	Nincuaga kumenya gitumi kia uturo bwakwa
	4	My life has a clear sense of purpose.	4	Uturo bwakwa buri na gitumi kikiyuru
	5	I have a good sense of what makes my life meaningful.	5	Ninkumenya bwega nimbi bikigira uturo bwakwa gitumi
	6	I have discovered a satisfying life purpose.	6	Nimenyete gintu kiria kiri na gitumi uturone bwakwa
	7	I am always searching for something that makes my life feel significant.	7	Magita yonthe nincwaga mantu yaria yarina gitumi uturone bwakwa
	8	I am seeking a purpose or mission for my life.	8	Ningucua gitumi kia uturo bwakwa
	9	My life has no clear purpose.	9	Uturo bwakwa buti na gitumi
	10	I am searching for meaning in my life.	10	Ningucua gitumi kia uturo bwakwa
Spirituality	1	I feel God's presence	1)	Ni nkuibua kirundu o Murungu ari aja
	2	I feel deep inner peace or harmony	2)	Ni nkuibwa ndiina ukiri na thiiri
	3	I desire to be closer to or in union with God	3)	Ni ndiriraria kwitherwa ndi akui kana amwe na Murungu
	4	I feel God's love for me, directly or through others	4)	Ni nkuibwa wendo bwa Murungu buri ndeene yakwa na kinya gukurukira baangi
	5	I am spiritually touched by the beauty of creation	5)	Ni ndingithitue ni Kirundu gukurukira nkanya e bionthe biria biumbi
	6	I believe in a God who watches over me	6)	Ni mbitikagia Murungu uria unkaraga
	7	I feel a deep sense of responsibility for reducing pain and suffering in the world	7)	Ni mbibacua ndiina kanya gwaka ka kuniicia yaria yatungaiacia na gutuikira ndwakai ndene e nthiguru
Differential Emotions	8	I have forgiven myself for things that I have done wrong	8)	Ni ndirekerete ningwa kiri mantu jaria jatiagirite ndathithia
	9	I know that God forgives me	9)	Ni mbiciri Murungu nandekeraga
	1	What is the most amused, fun-loving, or silly you felt?	1)	Ni igita ririku wibacua muno ugwirutue, ukienda micetho kana wina ukienda kugwirania?
	2	What is the most angry, irritated, or annoyed you felt?	2)	Ni igita ririku wibacua muno uhuri,uthurite kana ukithuura?
	3	What is the most ashamed, humiliated, or disgraced you felt?	3)	Ni igita ririku wibacua muno wina albu/ugicoerwa ni nthao,wikiri albu/nthao kana utionete gityo?
	4	What is the most awe, wonder, or amazement you felt?	4)	Ni igita ririku wibacua muno uraria, uriatitue kana ukirara?
	5	What is the most contemptuous, scornful, or disdainful you felt?	5)	Ni igita ririku wibacua muno ukimeneeria,ukicigira gitumi?
	6	What is the most disgust, distaste, or revulsion you felt?	6)	Ni igita ririku wibacua muno buthuku/bubui, kana uremeeri?
	7	What is the most embarrassed, self-conscious, or blushing you felt?	7)	Ni igita ririku wibacua muno wina albu,ugicokera kana wina nthoni?
	8	What is the most grateful, appreciative, or thankful you felt?	8)	Ni igita ririku wibacua muno ukigwirua, ugicokia nkatho?
	9	What is the most guilty, repentant, or blameworthy you felt?	9)	Ni igita ririku wibacua muno ukililia, kuirira kana ubati kuitura nontu bwa makosa?
	10	What is the most hate, distrust, or suspicion you felt?	10)	Ni igita ririku wibacua muno ukimena,utocitikia kana utina uuma bwa ucing'ania?
	11	What is the most hopeful, optimistic, or encouraged you felt?	11)	Ni igita ririku wibacua muno wina wirigiro,ukiona mawega kana wina mucukumo nkorone?
	12	What is the most inspired, uplifted, or elevated you felt?	12)	Ni igita ririku wibacua muno ukiritie nainya .....
	13	What is the most interested, alert, or curious you felt?	13)	Ni igita ririku wibacua muno ukienda kumenya,ukienda gucunkuna mantu nkuruki?
	14	What is the most joyful, glad, or happy you felt?	14)	Ni igita ririku wibacua muno ukigwirua kana ukigwirua?
	15	What is the most love, closeness, or trust you felt?	15)	Ni igita ririku wibacua muno wiina wendo, urina urumwe kana ugicitikia?
	16	What is the most proud, confident, or self-assured you felt?	16)	Ni igita ririku wibacua muno guikumiria,urin uchamba kana utina nkanga?
	17	What is the most sad, downhearted, or unhappy you felt?	17)	Ni igita ririku wibacua muno urina kieba,utigwirutue kana unikiangi nkorone?
	18	What is the most scared, fearful, or afraid you felt?	18)	Ni igita ririku wibacua muno wina ubuaa,upikira kana utikumiria?
19	What is the most serene, content, or peaceful you felt?	19)	Ni igita ririku wibacua muno ukiri,ung'anirii kana thiiri?	
20	What is the most stressed, nervous, or overwhelmed you felt?	20)	Ni igita ririku wibacua muno urina mathoganio yamangi, ucumbukite kana utiborerete?	
Compassion	1	I pay careful attention when other people talk to me about their troubles.	1	Ni nthikiracia bwega riria antu bangi baambiira mantu yakonie thiina/ubatu buao.
	2	If I see someone going through a difficult time, I try to be careful toward that person.	2	Nkoona muntu agikurukira igita rirumu, imberacia kuimenyera muno kiri gwe.
	3	I am unconcerned with other people's problems.	3	Ntunoana na thiina/ubatu bwa antu bangi.
	4	I realize everyone feels down sometimes, it is part of being human.	4	Ni menyaga o muntu wonthe naibacua atakiri rimwe na rimwe,ni bumwe bwa kwitherwa urina uu muntu.
	5	I notice when people are upset, even if they don't say anything.	5	Imenyaga rira antu bethagirwa bathuri, kinya kethirwa batikuuga.
	6	I like to be there for others in times of difficulty.	6	Imbendaga kwitherwa ndirio riria bangi bagukurukira igita rirumu
	7	I think little about the concerns of others.	7	Ni nthogancia bukai ukonia maubatu/mantu ya bangi.
	8	I feel it's important to recognize that all people have weaknesses and no one's perfect.	8	Ni nkuibua kwina bata kumenya ati antu bonthe barina utauku, na guti muntu umujuru.
	9	I listen patiently when people tell me their problems.	9	Inthikiracia nkiritie riria antu bumbiira mathina yao
	10	My heart goes out to people who are unhappy.	10	Nkoro yekwa nthagirwa igikinyira baria batigwirutue.
	11	I try to avoid people who are experiencing a lot of pain.	11	Imberacia kuiebania na antu baria bagukurukira mantu yamarito
	12	I feel that suffering is just a part of the common human experience.	12	Imbuicia kuthangika ni bumwe bwa mantu ya withire yaria oo muntu akurukaira.
	13	When people tell me about their problems, I try to keep a balanced perspective on the situation.	13	Riria antu bambiraa mathina yao, imberacia kuyaanaania bwega kulingana na untu buria bagukurukira
	14	When others feel sadness, I try to comfort them.	14	Riria antu bangi baibacua bathuri, imberacia ubaboereria.
	15	I can't really connect with other people when they're suffering.	15	Ntiumba buru gukaniraa na antu bangi riria bakuthangika.
	16	Despite my differences with others, I know that everyone feels pain just like me.	16	Amwe na kwitherwa ndi mwanya na bangi, inkumenya ati omuntu wonthe naibacua buthuku/akithangika o ta uuni.
	1	When I fail at something important to me I become consumed by feelings of inadequacy	1	Riria ndaremma ni untu bwa bata kiri ni imbuiyurawa ni mathoganio ya kuibwa yeka ntikung'ana
	2	I try to be understanding and patient towards those aspects of my personality I don't like	2	Imberacia kuelewa na gwetera kiri mantu yakonie mikarire yakwa iria ntindete.
	3	When something painful happens I try to take a balanced view of the situation.	3	Riria mantu yamaritu yakarika imberacia kuolelia bwega uria kumbika ndeene e ikarika riu.

Self-compassion		4	When I'm feeling down, I tend to feel like most other people are probably happier than I am.	4	Riria nkuibua nkimaka, imberacia kuibua yeka antu bangi Bomba kuithirwa bawiritue nkuruki yakwa.	
		5	I try to see my failings as part of the human condition	5	Imberacia kuona kuremewa gwakwa ya untu bukarikaa kiri antu bangi.	
		6	When I'm going through a very hard time, I give myself the caring and tenderness I need.	6	Riria ngukurukira igita riri umu muno, indicieyaa umenyeeeri na nkaiboreeria o uria nkienda.	
		7	When something upsets me I try to keep my emotions in balance.	7	Riria kintu kinthuracia, imberacia kurigirira kiri kithimi kia uria nkuibua/nkuthogania.	
		8	When I fail at something that's important to me, I tend to feel alone in my failure	8	Riria ndaremwa ni mantu ya bata kiri ni, imbibacua ndi ninka kuri kuremeerwa gwakwa	
		9	When I'm feeling down I tend to obsess and fixate on everything that's wrong	9	Riria mbibacua ndii nthii, imbithagirwa nkithingatiira na kurekebisha buonthe butikuagira	
		10	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	10	Riria nkuibua ntina ujuru na njira imwe, imberagia kuulikania ati kuibua uu ni untu bumwe kinya kiri antu babaingi.	
		11	I'm disapproving and judgmental about my own flaws and inadequacies.	11	Nthikanacia na ni indicitaira igamba ukonia mauthuku yakwa na kuaga ujuru bwakwa.	
		12	I'm intolerant and impatient towards those aspects of my personality I don't like.	12	Ntiumiracia na nthikanacia na mantu yakonie mikarie ya umuntu bwakwa iri ntiendete.	
		1	I am often a leader in groups	1	Imbithagirwa ndi mutongoria kiri gikundi /muingi	
	Socio-political control		2	I would prefer to be a leader rather than a follower	2	Nkienda kwithirwa ndi mutongoria nkuruki e muthingati
			3	I would rather have a leadership role when I'm involved in a group project	3	Ni kaaba nkethirwa ndiina ngugi/mitugo ya utongeeria riria ndi mirandine e gikundi/muingi
		4	I can usually organize people to get things done	4	Ndambangania antu keenda mantu /kintu kithiithika	
		5	Other people usually follow my ideas	5	Antu baangi ibathingaitira mataro yakwa	
		6	I find it very easy to talk in front of a group	6	Ni mbona buru untu bubuthu kiri nii kwariria/kwaria mbene e muingi	
		7	I like to work on solving a problem myself rather than wait and see if someone else will deal with it	7	Ni mpendaga kucumanirira gucoa macokio ya ubatu/thina kiri gweteera kuona kwethirwa muntu ugi agatonyeera kuuria mataro/macokio	
		8	I like trying new things that are challenging to me	8	Ni mpendete kueria into /mantu yameru yaria yagatuma nthuganie nkuruki	
		9	I enjoy political participation because I want to have as much say in running government as possible	9	Ni nguiraiua gutonyera siasene nontu ni nkwennda kwithirwa ndiina uugwe bwakwa kiri mwito jwa thirikari o uria kumbikika	
		10	A person like me can really understand what's going on with government and politics	10	Muntu ta uuni aumba kuelewa buira gukuendelea ndeene e thirikari na siasa	
		11	I feel like I have a pretty good understanding of the important political issues which confront our society	11	Inkuibwa yeeka mbele bwega mantu ya bata yaria yakonie siasa yaria yari ndeene e ntuura/matura yetu	
		12	People like me are generally well qualified to participate in political activity and decision making in our country	12	Antu ta uuni bariana uchamba/ibaumbaniite kwithirwa bari ki mantu yakonie siasa amwe na kuamua/kueyana mawaitha kiri thirikari	
		13	It makes a difference who I vote for because whoever gets elected will represent my interests	13	Kurina mwanya jwa uria ndaringira kura nontu wonthe ugakiruka/ugatarwa akarungamiira maubatu/ubatu bwakwa yakwa	
		14	There are plenty of ways for people like me to have a say in what our government does	14	Kurina njira inyingi kiri antu ta nii kwithirwa kurina/turina uugwa bwa uria thirikaari yetu ithithagia	
		15	It is important to me that I actively participate in local issues	15	Kurina gitumi giakwa kwithirwa ndi umwe o mantu yaria yagukarika	
		16	Most public officials would listen to me	16	Atongoria babaingi ba muingi no baanthikiire	
		17	It is important that I share my opinion about the direction of our community by voting every chance I get.	17	Ni untu bwa bata muno kwariira uuge bwakwa bwa njira e mutire jwa ntuura yetu gukirukira kujikia kaanya ka kuthuurana	
Collective Efficacy		sr	1	This is a close-knit community (i.e., people in this community have close personal relationships with each other).	1	1) Ntuura iji irina ngwataniro e akui muno (antu ba ntuura iji baithirwa barina o rumwe muno)
	sr	2	When there is a problem in this community, people come together to discuss how it should be solved.	2	2) Riria kuina nthiina nturere iji antu bajaa awe kwanirira uria baumba umithiria	
	sr	3	If there is a problem that affects the entire community, for instance, crop disease, people in this community will help each other.	3	3) kukethirwa kurina nthiina iri nturere yonthe, kwa ngerekano, mirimo ya imera, antu ba ntuura iji bagatethanirira.	
	sr	4	People in this community can be trusted.	4	4) Antu ba ntuura iji bomba gutikua	
	sr	5	If there is a big dispute between two persons, other people from the community will help in solving the problem.	5	5) Kukethirwa kurina nkuucanio inene kiri antu baili nturere iji, antu bangi nturere iji bagatetheria kuthiria nkuucanio iu	
	sr	6	People in this community live in harmony with each other most of the time.	6	6) Antu ba ntuura iji ibakaraga na nthiiri magita yaria maingi	
	snpa	7	If you suddenly need some money, you can borrow from a person or group in your community.	7	7) Ukethirwa ukienda mbeca na mpui, womba kuromba kiri muntu kana gikundi kia ntuura yeku	
	snpa	8	My neighbours sometimes come to me to share their problems and get help.	8	8) Antuuri bakwa ibejaa rimwe kiri umbira mathina yao na bakaumba gutethuka	
	snpa	9	If you and your relatives suddenly had to go away for a day or two, you could count on your neighbours to take care of your children.	9	9) Gukethirwa uuni amwe na antu ba mucii jwetu tugeeta guntu kuraaja ndeene e ntuku imwe kana jiji, twaumba gwitikia ati anturi betu bakamenyera aaba betu	
	snpa	10	I have the capacity to achieve my future aims.	10	10) Ndiina uumbani bwa kuujuria mibango/lengo dakwa cia ruuju	
	snpa	11	I have the ability to contribute to this community's development.	11	11) Ndiina inya e kuiritanirira gukuria ntuura iji	
	sa	12	I feel attached to this community and its people.	12	12) Imbibacua nkugwanithua/ndi umwe o ntuura iji amwe na antu bayo bonthe	
	sa	13	People in this community accept me as a member of the community.	13	13) Antu ba ntuura iji ibambitikirira ndi umwe o ntuura iji	
	sa	14	Being a member of this community is part of who I am.	14	14) Kwithirwa ndi umwe o ntuura iji ni bumwe bwa gintu kiria uuni ndii	