

## Emotional Health Level – Self Assessment

*In the statements below, circle the “letter” to the left for each statement that is most like you.*

- A. I encourage and enable others to be strong, confident and independent
  - B. I take the initiative, embark on new ventures with boldness and make things happen
  - C. I make choices quickly and confidently and rarely second-guess myself
  - D. I am to the point and just say how it is going to be without factoring in other’s feelings
  - E. I am openly oppositional and uncooperative, and refuse to obey
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- A. I am composed and balanced in all aspects of my life and relationships
  - B. I bring people together and act as facilitator in conflicts, finding common ground and solutions
  - C. I see multiple perspectives and engage others in dialogue
  - D. I oblige and give in to others, even if it’s not what I really want
  - E. I avoid getting involved in order to stay out of trouble and conflict
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- A. I value and respect all perspectives and thoughts
  - B. I am directed by an inner sense of what is right and fair for everyone
  - C. I have a high set of ideals that I strive to meet at all times
  - D. I am convinced that I must strive higher and improve everything, including myself, others and the environment
  - E. I strive for standards that are nothing short of ‘perfect’ and reject anything that does not meet this
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- A. I hold deep compassion and love for myself and others
  - B. I share my resources abundantly to benefit others
  - C. It is important to me that I am personally close and intimate with others
  - D. I can become pushy and smothering about staying close and needed by others
  - E. I go so far with service and generosity to others that my own needs are never met
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- A. I truly feel I am of value and are comfortable with who I am
  - B. I effortlessly communicate what I value in ways that inspires others and enables their understanding
  - C. I am highly focused and goal driven, putting feelings aside to get the job done
  - D. I adjust my behaviour to suit the particular context so others will think well of me
  - E. I constantly talk and brag about myself to let others know how good I am

- A. I experience an overwhelming feeling of wonder and admiration for the beauty in and around me
  - B. I openly share what is personal and important to create greater understanding for everyone
  - C. I want others to recognise and appreciate the qualities that are unique to me
  - D. I have moods that are unpredictable and insist others respect the delicacy of my feelings
  - E. I overreact, overanalyse and imagine others' responses (or lack of them) are all about me
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- A. I integrate the use of all my senses and provide great insight
  - B. I synthesize data and ideas to create and discover something new and better
  - C. I focus on a small number of areas to gain mastery and feel competent
  - D. I continuously think about and ponder on other possibilities and ideas
  - E. I undermine others by indirect means using my knowledge as a way of unsettling them
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- A. I trust in my own ability to meet and deal with any challenges I face
  - B. I stay on course despite difficulties, obstacles, or discouragement
  - C. I look to others to validate that I am on the right path
  - D. I overthink and get anxious about situations and problems
  - E. I question the motives of others and tend to think the worst of people and situations
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- A. I am joyous in creating wonderful possibilities with and for others
  - B. I have a capacity for high quality work and exemplary delivery of multiple tasks and projects.
  - C. I ensure that whatever I say is always framed in a positive light.
  - D. I am flippant and dismissive of rules and boundaries as I don't like to be limited
  - E. I am frantically busy and cannot slow down

*To score the Self-Assessment, total up the number of A's you have circled and enter in the table below. Do this for each of the other letters as well.*

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
2	3	4	5	6