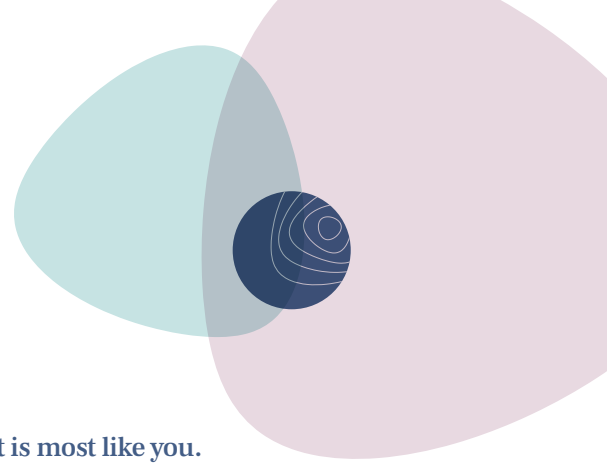


Emotional Health Level

Self Assessment

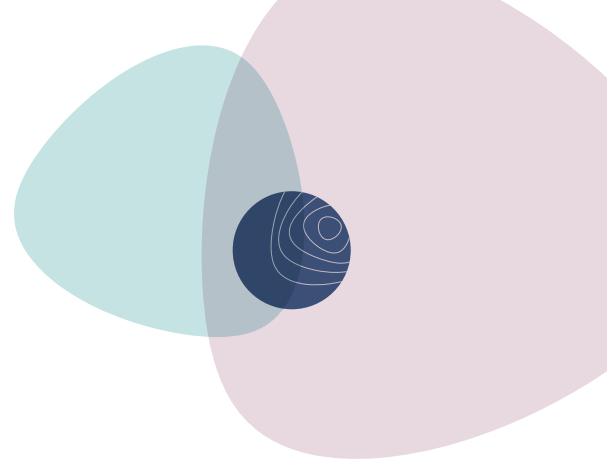


In the statements below, circle the 'letter' to the left for each statement that is most like you.

- 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
-
- 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
-
- 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
-
- 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
-
- 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

Emotional Health Level

Self Assessment



- 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

- 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

- 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

- 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. Descriptions of each level can be found in the Emotional Health Levels document on our website.

A	B	C	D	E
Level 2	Level 3	Level 4	Level 5	Level 6