

# What is Your Emotional Wellness?

*The emotional dimension involves recognizing, accepting and taking responsibility for your feelings.*

Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I am able to develop and maintain close relationships.
- \_\_\_\_\_ 2. I accept the responsibility for my actions.
- \_\_\_\_\_ 3. I see challenges and change as opportunities for growth.
- \_\_\_\_\_ 4. I feel I have considerable control over my life.
- \_\_\_\_\_ 5. I am able to laugh at life and myself.
- \_\_\_\_\_ 6. I feel good about myself.
- \_\_\_\_\_ 7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
- \_\_\_\_\_ 8. I am able to recognize my personal shortcomings and learn from my mistakes.
- \_\_\_\_\_ 9. I am able to recognize and express my feelings.
- \_\_\_\_\_ 10. I enjoy life.

\_\_\_\_\_ **Total for Emotional Wellness**

SCORE	MEANING
<b>15 to 20 Points</b>	Excellent strength in this dimension.
<b>9 to 14 Points</b>	There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?
<b>0 to 8 Points</b>	This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.