


Emotional Wellness Assessment

The emotional dimension of wellness 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

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- _____ 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 Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - 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?

Score: **0 to 8 Points** - 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.