

SELF-ASSESSMENT QUESTIONNAIRE

Please respond to the following statements by circling the number that most closely describes how accurate the statement is for you.

1. I know when my body needs something (food, air, water, rest, etc.)
2. I am effective about making sure my environment supports my physical needs,
3. I know when I need strokes.
4. I am comfortable in new situations.
5. I can try out new things without getting in trouble or hurting myself.
6. I am comfortable selecting what I like and don't like in new situations.
7. I can enjoy myself by exploring something new.
8. I feel independent and autonomous.
9. When I make decisions, I count others and myself equally.
10. I am comfortable sharing my ideas and opinions with others who have ideas of their own, even if their ideas differ from mine.
11. I am comfortable about the ways in which I am different from others.
12. I am comfortable about the ways in which I am similar to others.
13. I am able to be vocal and stubborn in opposing things I think are destructive.
14. I can recognize and acknowledge other people's feelings.
15. I am comfortable asking questions when I don't understand or want to know something.
16. I have the ability to find out what others feel, when I don't know.
17. I can confront others when I see problems in what they are doing, saying or feeling.
18. I can tell when to give up on something that isn't working.
19. I am willing to feel sadness and grief when I have to let go of something that was important to me.
20. I am comfortable learning how to do new things that I didn't know how to do before.
21. I do things as well as they need to be done.
22. I finish things that need to be finished
23. I can recognize and communicate about reasons for my values and beliefs.
24. I can recognize and understand that others have different reasons for their values and beliefs.
25. I am comfortable negotiating openly with others to satisfy our needs and wants.
26. I recognize and am comfortable with the fact that I am connected to other people.
27. I can be interdependent with others without sacrificing my own autonomy.