


# Emotional Wellness Self-Assessment



Choose the most accurate answer in both columns for each statement.	How <u>true</u> is this for you currently?			How <u>motivated</u> are you to make a change in this area?		
	Rarely	Sometimes	Often	Slightly	Somewhat	Highly
<b>Emotional:</b>  <ul style="list-style-type: none"> <li>cope effectively with life's ups and downs</li> <li>build healthy relationships</li> <li>have self-awareness</li> </ul>						
I am flexible and adapt or adjust to change in a positive way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I maintain a balance of work, family, friends and other obligations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I ask for help when needed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I say "no" when needed and do not feel guilty.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I discuss my daily fears and concerns with others and do not let them build into unnecessary worry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am optimistic and have a healthy perspective on life and its challenges.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am kind to myself and practice self-care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I practice mindfulness and strive to remain present in the moment and appreciate life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make good decisions with my use of social media.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think before I act. I accept responsibility for my own actions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I accept my feelings and emotions and manage my behaviors in a healthy, constructive way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I control my emotions and don't let them control me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of the LSSC Student Assistance Program (SAP).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Goal 1. \_\_\_\_\_

Goal 2. \_\_\_\_\_

Goal 3. \_\_\_\_\_

Positive Outcomes/Benefits if Goal is Accomplished	Potential Consequences of <u>Not</u> Reaching the Goal	Likely Obstacles/Barriers and Difficulties	Possible Options for Solutions, Help and Resources