


Social 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
<p><i>Social:</i></p>  <ul style="list-style-type: none"> ▪ maintain a sense of connection, belonging and strong support system ▪ effectively manage and resolve conflict ▪ respect for self and others 						
I make positive changes in my attitudes and behaviors.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I surround myself with people who respect my wants, needs, and choices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I communicate effectively, share my views with and listen to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I consider the feelings of others and do not act in hurtful and selfish ways.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I set and stick to my personal boundaries, as well as respect others' boundaries.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I treat everyone with respect and kindness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have one or more people with whom I can discuss my private feelings and emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan time with family and friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy socializing face to face, not just online.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I balance my own needs with others'.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends exemplify the kind of qualities I admire.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am involved in at least one LSSC student club or organization.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Social Wellness Self-Assessment



Current: Who/Where am I right now?	Desired: Who/Where do I want to be?
<p>Write or draw an object(s) highlighting the areas of your <u>current social lifestyle</u> you want to celebrate and/or improve.</p>	<p>Write or draw an object(s) highlighting the areas of your <u>future social lifestyle</u> you hope to achieve.</p>

Example: I will spend at least one hour with my family two days or evenings this week.

- 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