

Self-Assessment Questionnaire

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

	Never	Seldom	Sometimes	Often	Always					
1) I know when my body needs something (food, air, water, rest, etc.)	1	2	3	4	5	6	7	8	9	10
2) I am effective about making sure my environment supports my physical needs.	1	2	3	4	5	6	7	8	9	10
3) I know when I need strokes.	1	2	3	4	5	6	7	8	9	10
4) I am comfortable in new situations.	1	2	3	4	5	6	7	8	9	10
5) I can try out new things without getting into trouble or hurting myself.	1	2	3	4	5	6	7	8	9	10
6) I am comfortable selecting what I like and don't like in new situations.	1	2	3	4	5	6	7	8	9	10
7) I can enjoy myself by exploring something new.	1	2	3	4	5	6	7	8	9	10
8) I feel independent and autonomous.	1	2	3	4	5	6	7	8	9	10
9) When I make decisions, I count myself and others equally.	1	2	3	4	5	6	7	8	9	10
10) I am comfortable sharing my ideas and opinions with others who have ideas of their own, even if their ideas differ from mine.	1	2	3	4	5	6	7	8	9	10
11) I am comfortable about the ways in which I am different from others.	1	2	3	4	5	6	7	8	9	10
12) I am comfortable about the ways in which I am similar to others.	1	2	3	4	5	6	7	8	9	10
13) I am able to be vocal and stubborn in opposing things I think are destructive.	1	2	3	4	5	6	7	8	9	10
14) I am comfortable asking questions when I don't understand or want to know something.	1	2	3	4	5	6	7	8	9	10
15) I can recognize and acknowledge other people's feelings.	1	2	3	4	5	6	7	8	9	10
16) I have the ability to find out what others feel, when I don't know.	1	2	3	4	5	6	7	8	9	10
17) I can confront others when I see problems in what they are doing, saying, or feeling.	1	2	3	4	5	6	7	8	9	10
18) I can tell when to give up on something that isn't working.	1	2	3	4	5	6	7	8	9	10
19) I am willing to feel sadness and grief when I have to let go of something that was important to me.	1	2	3	4	5	6	7	8	9	10
20) I am comfortable learning how to do new things that I didn't know how to do before.	1	2	3	4	5	6	7	8	9	10
21) I do things as well as they need to be done.	1	2	3	4	5	6	7	8	9	10
22) I finish things that need to be finished.	1	2	3	4	5	6	7	8	9	10
23) I can recognize and communicate about the reasons for my values and beliefs.	1	2	3	4	5	6	7	8	9	10
24) I can recognize and understand that others have different reasons for their values and beliefs.	1	2	3	4	5	6	7	8	9	10
25) I am comfortable negotiating openly with others to satisfy our needs and wants.	1	2	3	4	5	6	7	8	9	10
26) I recognize and am comfortable with the fact that I am connected to other people.	1	2	3	4	5	6	7	8	9	10
27) I can be interdependent with others without sacrificing my own autonomy.	1	2	3	4	5	6	7	8	9	10

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