

Emotional-Self Assessment

Survival Level	Maintenance Level	Enhancement Level
Once in a while I feel good about myself, but I usually don't have positive self-esteem.	Often I feel good about myself and have a positive self-esteem	I nearly always feel good about myself and realize that I have a positive self-esteem.
1	2	3
4	5	
I am not very accepting of other people if they disagree with what I truly believe.	I am generally accepting of most people, though I am sometimes critical if others challenge my beliefs.	I am accepting of other people, even though they may have beliefs different from my own.
1	2	3
4	5	
Some good things happen in my life, but not that many people accept me.	Many good things happen in my life and many people are accepting of me.	Good things happen to me quite frequently and most people in my life are accepting of me.
1	2	3
4	5	
I do not have a great deal of knowledge of myself as a person and therefore have difficulty explaining myself to others.	Sometimes I understand and can communicate about myself and my abilities more effectively than at other times.	I understand myself and my abilities well and am able to communicate this understanding to others.
1	2	3
4	5	
I am not really aware of my basic needs as a person.	Sometimes I am aware of my basic needs but have trouble communicating them to others.	I am nearly always aware of my needs as a person and am able to communicate those needs to others.
1	2	3
4	5	
I am frequently overwhelmed when problems arise in my life, but things somehow usually work.	I often understand my problems and am able to work them out through my own efforts.	When problems arise in my life, I nearly always have the appropriate skills to effectively solve them.
1	2	3
4	5	
I am unaware of my own creative potential in terms of my personal life.	I am aware of my creative potential but am not secure enough to use it in my personal life very often.	My life is enriched because I trust myself and am able to use my creativity to make it more successful and exciting.
1	2	3
4	5	

Life is good some of the time, but I don't expect to have things work out most of the time.	Life is good much of the time, but I'm not sure how to make it even better.	Life is nearly always good and I have the skills to turn a bad situation into a beneficial one because of my positive attitude.		
1	2	3	4	5

My strengths in terms of my emotional self include:

Aspects of my emotional self which show opportunity for further growth include:

My general thoughts and feelings about my emotional self are: