What is Your Emotional Wellness?

*The emotional dimension involves recognizing, accepting and taking responsibility for your feelings.*

Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

1. I am able to develop and maintain close relationships.
2. I accept the responsibility for my actions.
3. I see challenges and change as opportunities for growth.
4. I feel I have considerable control over my life.
5. I am able to laugh at life and myself.
6. I feel good about myself.
7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
8. I am able to recognize my personal shortcomings and learn from my mistakes.
9. I am able to recognize and express my feelings.
10. I enjoy life.

**Total for Emotional Wellness**

<table>
<thead>
<tr>
<th>SCORE</th>
<th>MEANING</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 to 20 Points</td>
<td>Excellent strength in this dimension.</td>
</tr>
<tr>
<td>9 to 14 Points</td>
<td>There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?</td>
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<tr>
<td>0 to 8 Points</td>
<td>This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.</td>
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