



To Score Each Item

1

3

5

Individual

- | | | | |
|----------|----------------------------|-------------------------------|---------------------------|
| _____ A. | I feel GOOD about who I AM | I am generally OK | I often feel POOR |
| _____ B. | I have special talent | I have skills that get me by | I am not good at anything |
| _____ C. | I can be alone | I am OK alone some time | I don't like it |
| _____ D. | I have a good memory | I forget things when stressed | I have memory issues |
| _____ E. | I believe good things | I have average stress | I Think/ Worry Too Much |
| _____ F. | I have a mild temper | I'm pretty balanced | I have a BAD temper |
| _____ G. | I rarely get upset | when upset, I recover quickly | It ruins my whole day |
| _____ H. | I have a pet | I have a plant | I don't do living things |

Social

- | | | | |
|----------|------------------------------|-----------------------------------|------------------------|
| _____ A. | I live with loved one(s) | I live with others | I live alone |
| _____ B. | I connect daily with others | I virtually connect with others | I feel disconnected |
| _____ C. | I can be myself | I sometimes feel shy | I cannot be myself |
| _____ D. | I enjoy work | I do not enjoy work but go anyway | I have work issues |
| _____ E. | Others know me well | Most people know me | Nobody really knows me |
| _____ F. | I have accomplishments | I am good at something | I am not productive |
| _____ G. | I feel safe in relationships | I have some trust anxiety | I have trust issues |
| _____ H. | I can be honest | I hide some things | I hide who I am |
| _____ I. | I am responsible | I get by | I am irresponsible |

Civic

- | | | | |
|----------|-------------------------------|------------------------------|--------------------------|
| _____ A. | Involved in Group / Club | Involved with Informal Group | No Involvement in Groups |
| _____ B. | Strong Roots in Community | I have community ties | I live where I live |
| _____ C. | I am involved in Civic Groups | I just vote | Leave Me out of It |
| _____ D. | I love my church | I go to church, no big deal | Not Interested |
| _____ E. | I volunteer regularly | I volunteer as needs arise | I do not volunteer |
| _____ F. | I am well-educated | I have enough education | I am poorly educated |

Mark all that apply:

- ☐ I have suffered average losses in life and have gotten over them.
- ☐ I have never had any traumas or significant problems in life.
- ☐ I have been traumatized in life and it still affects me.
- ☐ I feel productive, balanced and happy.
- ☐ I feel ok and am pursuing improvements in my life.
- ☐ I feel able to have goals in life and meet them.
- ☐ I have goals in life, but I cannot meet them.
- ☐ I keep having the same problems over and over / bad things always happen to me.
- ☐ No matter what I try, I have not been able to make the change I need.
- ☐ I have coping skills to use when life gets me down.