

## Self-Care Assessment

	Physical	Emotional and Psychological	Relationships
<b>Positive Behaviors</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I get enough sleep to feel rested and restored when I wake up.</li> <li><input type="checkbox"/> I get regular medical and dental checkups.</li> <li><input type="checkbox"/> I take time off work or school when I am sick.</li> <li><input type="checkbox"/> I wear clothes that I like and that feel comfortable.</li> <li><input type="checkbox"/> I take vacations.</li> <li><input type="checkbox"/> I engage in a physical activity that I enjoy at least five times a week.</li> <li><input type="checkbox"/> Other</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I make time for self-reflection.</li> <li><input type="checkbox"/> I am aware of my thoughts, without judgment.</li> <li><input type="checkbox"/> I am aware of my feelings, without judgment.</li> <li><input type="checkbox"/> I write in a journal.</li> <li><input type="checkbox"/> I identify comforting activities and places and seek them out.</li> <li><input type="checkbox"/> I make time to relax.</li> <li><input type="checkbox"/> I make time to play.</li> <li><input type="checkbox"/> I find things that make me laugh.</li> <li><input type="checkbox"/> I have hobbies and interests outside of work or school.</li> <li><input type="checkbox"/> I have compassion for myself and others.</li> <li><input type="checkbox"/> I seek therapy when needed.</li> <li><input type="checkbox"/> Other</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I spend time with people whom I enjoy and who sustain and support me.</li> <li><input type="checkbox"/> I have someone in my life who would listen to me if I were upset or just needed to talk (friends, family, a therapist, or clergy).</li> <li><input type="checkbox"/> I stay in contact with important people in my life.</li> <li><input type="checkbox"/> I make time to spend with my family.</li> <li><input type="checkbox"/> Other</li> </ul>

	Physical	Emotional and Psychological	Relationships
<b>Attunement Disrupters</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I often skip meals when I am pressed for time.</li> <li><input type="checkbox"/> I watch more than two hours of television a day.</li> <li><input type="checkbox"/> I exercise too much, such as when I am sick or injured.</li> <li><input type="checkbox"/> I smoke (or vape).</li> <li><input type="checkbox"/> I go long periods of time without eating.</li> <li><input type="checkbox"/> I overeat or undereat when I am stressed.</li> <li><input type="checkbox"/> I often multitask while I eat, watching television, checking e-mail, or reading.</li> <li><input type="checkbox"/> I am often sleep deprived.</li> <li><input type="checkbox"/> I drink more than the recommended levels of alcohol (more than one or two drinks per day).</li> <li><input type="checkbox"/> Other</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I feel guilty if I am not productive or doing something important.</li> <li><input type="checkbox"/> I do not know how to relax.</li> <li><input type="checkbox"/> I engage in harsh or critical self-talk.</li> <li><input type="checkbox"/> I don't allow myself to feel my feelings or cry.</li> <li><input type="checkbox"/> I have a difficult time managing stress.</li> <li><input type="checkbox"/> I self-silence my thoughts and feelings.</li> <li><input type="checkbox"/> My life feels out of control.</li> <li><input type="checkbox"/> Other</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I don't like to burden my friends or family with my problems.</li> <li><input type="checkbox"/> My family doesn't support me when I have problems.</li> <li><input type="checkbox"/> I worry about what people think of me.</li> <li><input type="checkbox"/> I withdraw from people when I am stressed out.</li> <li><input type="checkbox"/> Other</li> </ul>

	Spiritual	Boundaries
<b>Positive Behaviors</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I spend time in nature.</li> <li><input type="checkbox"/> I make time for reflection.</li> <li><input type="checkbox"/> I seek or participate in a spiritual connection or community.</li> <li><input type="checkbox"/> I am aware of nonmaterial aspects of life.</li> <li><input type="checkbox"/> I seek experiences of awe.</li> <li><input type="checkbox"/> I have a meditation practice.</li> <li><input type="checkbox"/> I pray.</li> <li><input type="checkbox"/> I read or study inspirational books or articles.</li> <li><input type="checkbox"/> Other</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I maintain a manageable schedule at work or school, which includes taking breaks.</li> <li><input type="checkbox"/> I take breaks from electronic media including my computer, smartphone, or television.</li> <li><input type="checkbox"/> I say no to extra projects or responsibilities if I am overscheduled.</li> <li><input type="checkbox"/> I set limits with my family and friends.</li> <li><input type="checkbox"/> I set limits with volunteer projects.</li> <li><input type="checkbox"/> I set limits with work, such as not working while on vacation.</li> <li><input type="checkbox"/> I strive for balance among work, family, school, play, relationships, and rest.</li> <li><input type="checkbox"/> I speak up when others attempt to cross my boundaries.</li> <li><input type="checkbox"/> Other</li> </ul>
<b>Attunement Disrupters</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I am mainly drawn to material things.</li> <li><input type="checkbox"/> I don't take any time to reflect on the meaning of my life.</li> <li><input type="checkbox"/> I always believe that I don't have enough.</li> <li><input type="checkbox"/> I don't consider the things in my life for which I am grateful.</li> <li><input type="checkbox"/> I don't consider that I actually have a purpose in this life.</li> <li><input type="checkbox"/> Other</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I have a hard time saying no to people's requests.</li> <li><input type="checkbox"/> I feel the need to make others happy.</li> <li><input type="checkbox"/> I feel selfish if I say no to a request.</li> <li><input type="checkbox"/> I tend to take on too many projects and activities.</li> <li><input type="checkbox"/> I automatically say yes to requests, without reflecting on my schedule or prior commitments.</li> <li><input type="checkbox"/> I take pride in being super busy.</li> <li><input type="checkbox"/> Other</li> </ul>