

UNLOCKING YOUR LOVE

SELF ASSESSMENT WORKBOOK



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QUESTIONS PAGE

Answer all of the following questions



SELF-CARE ASSESSMENT

Rate each statement with one of the following: 1 – Rarely 2 – Sometimes 3 – Frequently

- 1 - I get plenty of rest and sleep 7-8 hours daily.
- 2 - I eat healthy foods and regular meals
- 3 - I maintain contact with people who support me emotionally
- 4 - I exercise 30 minutes or more 3-5 times per week
- 5 - I take a break at work every 1 - 1.5 hours to stretch and move around.
- 6 - I engage in spiritual activities regularly.
- 7 - I play! I do something fun at least once a week
- 8 - I nurture my relationships - call/write/email/visit/talk/date
- 9 - I get outside daily - the fresh air and lush greenery are good for me!
- 10 - I use my down time to rejuvenate - do something I enjoy

Review your responses and consider the following for each statement.

1 – Rarely Needs improvement – let's talk about how to strengthen this area:

2 – Sometimes Good job! We can come up with ideas to help you be more consistent:

3– Frequently Great job! Keep up the good work

BOUNDARIES

QUESTIONS PAGE

Answer all of the following questions

BOUNDARIES AND SELF AWARENESS

It is important to establish good boundaries to protect yourself and develop healthy relationships. Boundaries are like invisible lines that we draw around ourselves to let people know our limits and to keep us from violating the limits of others. Some believe that we teach others how to treat us by the behavior we accept and allow. Clear boundaries help send that message

- 1 - I consistently speak up about my thoughts, feelings and needs.
- 2 - I set healthy boundaries on my time, resources and availability.
- 3 - I am comfortable receiving compliments and gifts from others.
- 4 - I consistently take care of my mental health needs.
- 5 - I use alcohol and other substances in moderation or not at all.
- 6 - I have no problem with compulsive behaviors, ie, gambling, eating.
- 7 - I have good coping and self-soothing skills - I can manage my moods.
- 8 - I have a realistic perception of my body; I accept the good and bad.
- 9 - I only use food for nutrition and sustenance - no self-medication.
- 10 - I have a healthy sense of interdependence, not too dependent or aloof.

Highlight the statements you rated as 1 or 2.

These are the most immediate needs to be addressed.



QUESTIONS PAGE

Answer all of the following questions



HEALTHY RELATIONSHIP

- 1 - It is normal for people in committed relationships to have their own interests. True / False
- 2 - Positive interactions are the key to successful relationships. True / False
- 3 - It is good to spend some time with friends and maintain healthy social connections when in a committed relationship. True / False
- 4 - It is important to repair any damage to your relationship as soon as possible. True / False
- 5 - Men and women have different ways of getting their emotional needs met. True / False
- 6 - Good communication prevents many misunderstandings and arguments. True / False
7. It is okay to say 'no' to requests for sex with your partner. True / False
- 8 - People can only be emotionally intimate when they feel safe physically and emotionally, and secure in the commitment of their relationship. True / False
- 9 - Money is what most couples argue about most frequently. True / False
- 10 - Arguing is healthy if done properly. True / False

EMOTIONAL INTELLIGENCE

QUESTIONS PAGE

Answer all of the following questions

AUTHENTIC CONNECTIONS

Assess Your Readiness for Emotional Intimacy

Check the following that applies to you. Avoid thinking of these as always or never, but what is true most of the time.

- ☐ I am comfortable expressing my feelings.
- ☐ I am sensitive to the needs of others.
- ☐ My ability to be present with others is strong.
- ☐ I am skilled at focusing my attention.
- ☐ When my thoughts wander, I know how to refocus.
- ☐ I recognize signs that I am becoming overwhelmed emotionally.
- ☐ I know how to turn down the intensity of my emotions
- ☐ I am comfortable letting others know if I don't want to discuss something.



QUESTIONS PAGE

Answer all of the following questions

AUTHENTIC CONNECTIONS

Assess Your Readiness for Emotional Intimacy con't

Check the following that applies to you. Avoid thinking of these as always or never, but what is true most of the time.

- ☐ I have a clear awareness of my boundaries.
- ☐ My ability to sit with my feelings is good.
- ☐ There are times when I catch myself being self-critical and change the course.
- ☐ I recognize unsafe relationships and respond accordingly.
- ☐ I am aware of the messiness that is me (good/bad/indifferent qualities)
- ☐ I am comfortable admitting my limitations and less admirable traits when I feel safe.
- ☐ I proactively choose how to respond to questions that make me uncomfortable.
- ☐ I am self-accepting in most areas
- ☐ Most of the time, I can offer support for others.

A photograph of a young Black couple embracing outdoors. The woman has voluminous curly hair and is smiling, with her hand in her hair. The man is behind her, looking at the camera. The background is a bright, slightly blurred outdoor setting.

THANK YOU



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