

Name: _____
 Date: _____

SEVEN DIMENSIONS OF WELLNESS

This is a personal assessment for you to use and it will not be handed in. The assessment will help make you aware of lifestyle choices you have made in hopes that you will maintain and/or improve your level(s) of wellness in the future. Read each statement and circle the answer that best describes you. (5 for ALWAYS..... 1 for NEVER)

I. SOCIAL Wellness: the process of creating and maintaining healthy relationships through the choices we make.

	ALWAYS					NEVER
1. I have many positive and healthy relationships.	5	4	3	2	1	
2. I resolve conflict in healthy and positive ways.	5	4	3	2	1	
3. I consider the consequences of my behaviors on those around me.	5	4	3	2	1	
4. I try to communicate directly using "I" messages.	5	4	3	2	1	
5. I work to decrease violence at all levels.	5	4	3	2	1	
6. I recognize that I can be part of a group and I don't always need to be the center of it.	5	4	3	2	1	

YOUR SCORE: _____
 (30 possible)

II. EMOTIONAL Wellness: the process of accepting our worth, creating, recognizing, and expressing our feeling, and talking to ourselves in healthy ways. Creating and maintaining a positive realistic self-concept is also part of this process.

	ALWAYS					NEVER
1. I have worth.	5	4	3	2	1	
2. I recognize that I have feelings.	5	4	3	2	1	
3. I share my feelings with others.	5	4	3	2	1	
4. I take action to control my stress	5	4	3	2	1	
5. I can and do express anger in healthy ways.	5	4	3	2	1	
6. I listen to my inner self.	5	4	3	2	1	
7. It is easy for me to laugh at my mistakes.	5	4	3	2	1	
8. I am able to give honest compliments.	5	4	3	2	1	
9. I listen to and accept good advice.	5	4	3	2	1	
10. I seek help if I have a problem.	5	4	3	2	1	

YOUR SCORE: _____
 (50 possible)