

HOW WELL DO YOU TAKE CARE OF YOURSELF?

Self-care encompasses attending to your physical, mental, emotional, and social needs. It means managing your time and being assertive in prioritizing for yourself. Only when you can care for yourself can you care for others. Answer the questions to see how well you take care of yourself.

Scoring

Very like me 4 ■ Like me 3 ■ Unlike me 2 ■ Very unlike me 1

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|---|--------------------------|---|--------------------------|
| 1 I occasionally give myself something pleasant like a present of a treat. | <input type="checkbox"/> | 11 I make time for relaxing activities. | <input type="checkbox"/> |
| 2 I consciously make time to cultivate friendships with people I like. | <input type="checkbox"/> | 12 I believe I have to be selfish at times. | <input type="checkbox"/> |
| 3 I make a point of eating healthy food and do not skip meals. | <input type="checkbox"/> | 13 I like it when others take care of me when I am ill. | <input type="checkbox"/> |
| 4 I make time to engage in absorbing meaningful hobbies and activities. | <input type="checkbox"/> | 14 I can say no when people make demands on me. | <input type="checkbox"/> |
| 5 Sometimes I have to put my own needs first even if I hurt others. | <input type="checkbox"/> | 15 I praise myself when I do a good job. | <input type="checkbox"/> |
| 6 I feel other people are responsible for solving their own problems. | <input type="checkbox"/> | 16 I avoid drinking too much alcohol. | <input type="checkbox"/> |
| 7 I plan special events, such as vacations and outings, that I can look forward to. | <input type="checkbox"/> | 17 I deliberately exercise and keep fit. | <input type="checkbox"/> |
| 8 I feel in control of my life and do not live according to other people's wishes. | <input type="checkbox"/> | 18 I avoid taking harmful drugs such as tobacco. | <input type="checkbox"/> |
| 9 I make a point of taking care of my appearance and health. | <input type="checkbox"/> | 19 I pace myself rather than going flat out all the time. | <input type="checkbox"/> |
| 10 Every day I make sure I have some time to do something pleasurable for my own enjoyment. | <input type="checkbox"/> | 20 I am able to acknowledge and discuss my good points. | <input type="checkbox"/> |
| | | TOTAL SCORE | <input type="checkbox"/> |

INTERPRETATION

Over 54 Higher than average

You have a good sense of self-care and take care of yourself well.

45-54 Average

You take care of yourself quite well—but you could improve.

Below 40 Poor

Your life is not your own. You need to learn to take better care of yourself. You may have problems with guilt and poor assertiveness.

Please consult *Free Yourself from Harmful Stress* by Trevor Powell in the event that you score high on any assessment, in order to begin the necessary healing steps outlined in the publication.