Questionnaire

1. On a scale of 1-10, what is your awareness of Your……
   1. Strengths \_
   2. Weaknesses
   3. Difficult situations
2. On a scale of 1-10, what is your ability to identify situations that will most likely be

* difficult for you? \_

1. Please complete the following sentences.
   1. I tend to go overboard when I feel .
   2. People often misread my .
   3. If I could change one thing about my communication style, it would be .
   4. I really resent it when .
   5. Honesty is always the best policy, especially when .
2. My Plan of Action whenever I feel stressed is to engage in the following

A.

B.

**C.**

**D.**

1. My 3 greatest strengths are

1.

**2.**

**3.**

1. My 3 greatest weaknesses are

1.

2.

3.

1. I believe I am a good (partner, parent, co-worker, friend, neighbor, person) because
2. I believe much of my environment/life circumstances are a good fit for me because