

Clean Acres Recovery Housing

Self-Assessment of Feelings

Please respond to the following Yes/No items as they relate to *how you feel most of the time*.

Name: _____

Date: _____

Yes No

- | | | |
|-----|-----|--|
| ___ | ___ | 1. Deep down inside me something tells me I'm just not right. |
| ___ | ___ | 2. I feel uncomfortable and unhappy about myself. |
| ___ | ___ | 3. I am sluggish, awkward, and uncomfortable with myself. |
| ___ | ___ | 4. When people say nice things about me, I feel bad because I think that if they knew me as I "really" am, they wouldn't think well of me. |
| ___ | ___ | 5. I stretch the truth about myself, my things, and what I've accomplished. |
| ___ | ___ | 6. I am fearful of allowing others to know my "real" self. |
| ___ | ___ | 7. I'm afraid that if people I like find out what I'm "really" like, they will be disappointed. |
| ___ | ___ | 8. I do not allow others to know my "real" self. |
| ___ | ___ | 9. I feel shy and self-conscious when I am with other people. |
| ___ | ___ | 10. I have a strong need to gain recognition and approval. |
| ___ | ___ | 11. I judge how worthwhile I am by comparing myself with others. |
| ___ | ___ | 12. If people talk about me or criticize me I get upset and worried. |
| ___ | ___ | 13. I need to please others in order to feel good. |
| ___ | ___ | 14. My feeling or worth & value is very easily influenced by the opinion, comments and attitudes of others. |
| ___ | ___ | 15. When I fail to live up to my ideals I get upset. |
| ___ | ___ | 16. I get upset when I do something poorly or clumsily. |
| ___ | ___ | 17. It is very important to me to prove my value and ability. |
| ___ | ___ | 18. When I lose in a game of skill I feel angry or depressed. |
| ___ | ___ | 19. I lose respect for myself when I don't do well at a task. |
| ___ | ___ | 20. Even though I have a lot of natural limitations, I believe in myself. |
| ___ | ___ | 21. I feel good about myself. |
| ___ | ___ | 22. I have a sense of an easy flow, aliveness and comfortableness with myself. |
| ___ | ___ | 23. I feel warm & happy toward myself. |

Clean Acres Recovery Housing

- ___ ___ 24. I offer my own opinions and convictions without feeling uneasy.
- ___ ___ 25. I easily use my whole self to express feelings and to communicate.
- ___ ___ 26. I feel comfortable expressing a wide variety of feelings whether they be love, anger, hostility, resentment, joy, etc.
- ___ ___ 27. I easily share my inside self and feelings with others.
- ___ ___ 28. I easily experience a meeting of minds and deep understanding with others.
- ___ ___ 29. It is easy for me to talk about my weaknesses to others.
- ___ ___ 30. I like to feel close to other people.
- ___ ___ 31. I easily experience warm feelings between myself and other people.
- ___ ___ 32. I am concerned about what others think and say of me.