## Emotional Wellness Assessment

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Almost Always</th>
<th>Sometimes</th>
<th>Very Seldom</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I am able to develop and maintain close relationships.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>2.</td>
<td>I accept responsibility for my actions.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>3.</td>
<td>I see challenges and change as opportunities for growth.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>4.</td>
<td>I feel good about myself.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>5.</td>
<td>I feel I have considerable control over my life.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>6.</td>
<td>I am able to appropriately cope with stress and tension, and make time for leisure pursuits.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>7.</td>
<td>I am able to recognize my personal shortcomings and learn from my mistakes.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>8.</td>
<td>I am able to recognize and express my feelings.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>9.</td>
<td>I enjoy life.</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

**TOTAL:** ______

### Scoring

**15-20 Points:** You have excellent strength in this dimension! Make sure your daily activities are balanced between all dimensions.

**9-14 Points:** There is room for improvement. Challenge yourself to find three new things to try in order to improve your emotional wellness.

**0-8 Points:** This dimension needs a lot of work. What small steps can you take to begin taking to move towards growth? Remember, the goal is overall wellness and balance.

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Please turn over.
In completing this wellness assessment on emotional wellness,

I was surprised to learn that I _____________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

I was disappointed that __________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Things I am currently doing to help improve my emotional wellness are __________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Things I will do differently or change to make my emotional wellness a priority are ____________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Take additional wellness assessments online at http://wellness.illinoisstate.edu/seven/.