

SELF-AWARENESS INDICATOR

Awareness is an ability we all have; we simply get too busy to notice our thoughts, feelings, and actions. Key skills include *regular feeling and physical arousal checks*, and *linking them to what you are thinking*.

How often in the past 2 months have you experienced the following?

0 = never; 2 = most months; 4 = most weeks; 6 = most days

NO	QUESTION	RATING						
1	I accept my feelings as mine	0	1	2	3	4	5	6
2	I am aware of my feelings most of the time	0	1	2	3	4	5	6
3	I pay attention to my physical state to understand my feelings	0	1	2	3	4	5	6
4	People who show strong emotions do not bother me	0	1	2	3	4	5	6
5	When I am unhappy, I know why	0	1	2	3	4	5	6
6	I can feel when I am getting angry	0	1	2	3	4	5	6
7	I can identify my feelings	0	1	2	3	4	5	6
8	I know myself fairly well by listening to my feelings	0	1	2	3	4	5	6

SCORING:

(Burnout: 0-26); (Pressure: 27-34); (Balancing: 35-44); (Optimal: 45-48)