

Self Assessment Questionnaire

Give each sentence a score from 0 – 10 depending on how much you feel that sentence accurately describes *how you actually are* (as distinct from how you like to see yourself).

Where 0 = not at all and 10 = perfect fit

Put this number in the first column to the right of the sentences. Please do not add up your totals at this point.

I am comfortable in a position of directive leadership in which I tell others what to do		
I have no problem standing tall		
If I was given a lot more power in this world I trust that I would put it to good use		
I don't hesitate to impose myself on others if I think doing so will be of service		
I rarely concern myself with my self esteem or self worth		
I have trouble saying “no” to people		
I have difficulty displaying anger and/or other forceful emotions when it is appropriate		
Total		

I am good at small talk		
I sometimes play peace-keeper between important people in my life		
I have strong bonds and close relationships with my family and/or at least one solid group of friends		
I am good at avoiding getting in conflicts		
I am good at making others feel comfortable		
I sometimes have trouble fitting in		
I have trouble respecting rules even when I know I should		
Total		

I have no trouble speaking with authority		
I am not afraid of being alone		
I am precise and articulate		
I am good at accomplishing things that require focused attention		
I have a fine tuned mind that can differentiate between nuances		
I have trouble speaking with confidence		
I am a sloppy thinker		
Total		

My life is generally aligned around the results that matter to me		
I regularly experience accomplishment in my life, even if it's just over small things		
I have a healthy level of influence/control over my future		
I am generally quite effective in most areas of my life		
I frequently reflect on what I might learn from experiences after I have them		
I have trouble with prioritizing in one or more significant areas of my life		
I don't have much of a felt sense of direction to my life		
Total		

I am aware of and consciously participate in self fulfilling (virtuous and vicious) cycles in my life		
I live in the awareness that all knowledge is constructed and that truth always depends on context		
I often notice that when people use "or" - in actuality both options are simultaneously possible		
I understand everyday aspects of my life in terms of systems		
I am trying to become more aware of felt experiences in my body &/or of group energy/ group fields		
To be honest, I don't usually contemplate how things look from other perspectives than my own		
It is difficult for me to feelingly 'live in the experience of' other people in my life; such as my partner		
Total		

I often find myself re-framing what I and/or others are saying to see things in another way		
It is not uncommon for me to unite opposites in practical ways in my daily life		
I recognize myself as a mass of contradictions		
I have fun acting contrary to my self concept (which is falling apart anyways)		
I am quite aware of the biases of my ego and actively work to counteract them		
I negatively judge some categories of people (e.g. religious people or business people or activists, etc)		
I am sometimes frustrated by others' lack of motivation to consciously develop themselves		
Total		

I frequently listen to myself speaking <i>as I am speaking</i>		
It feels to me like ' <u>all</u> of my ideas about who I am' are mostly just like clothes that I <u>consciously</u> wear		
I often pay attention to the patterns of my own and others' attention		
I frequently experience the awareness that: <i>everything</i> I am saying is made up - <i>as I am saying it</i>		
I can honestly say that I live more or less continuously in the felt sense of This as a mystery		
My tendency to scan multiple perspectives of a given moment often distracts me from connectedness		
I often get feedback that others don't understand what I am saying		
Total		