**NEVER SELDOM SOMETIMES OFTEN ALWAYS**

1. I know when my body needs something 1 2 3 4 5 6 7 8 9 10

(food, air, water, rest, etc.)

1. I am effective in making sure 1 2 3 4 5 6 7 8 9 10

My environment is supportive

to my personal needs.

1. I know when I need strokes. 1 2 3 4 5 6 7 8 9 10
2. I am comfortable in new 1 2 3 4 5 6 7 8 9 10

situations.

1. I can try out new things without 1 2 3 4 5 6 7 8 9 10

getting in trouble or hurting myself .

1. I am comfortable selecting 1 2 3 4 5 6 7 8 9 10

what I like and don’t like in

new situations.

1. I can enjoy myself by exploring 1 2 3 4 5 6 7 8 9 10

something new.

1. I feel independent and 1 2 3 4 5 6 7 8 9 10

autonomous.

1. When I make decisions, I count 1 2 3 4 5 6 7 8 9 10

myself and others equally.

1. I am comfortable sharing my 1 2 3 4 5 6 7 8 9 10

ideas and opinions with others who

have ideas of their own, even if their

ideas differ from mine.

1. I am comfortable about the ways 1 2 3 4 5 6 7 8 9 10

in which I am different to others.

1. I am comfortable about the ways 1 2 3 4 5 6 7 8 9 10

in which I am similar to others.

**NEVER SELDOM SOMETIMES OFTEN ALWAYS**

1. I am able to be vocal and 1 2 3 4 5 6 7 8 9 10

stubborn in opposing things I think

are destructive.

1. I am comfortable asking 1 2 3 4 5 6 7 8 9 10

questions when I don’t understand

or want to know something.

1. I can recognize and 1 2 3 4 5 6 7 8 9 10

acknowledge other people’s

feelings.

1. I have the ability to find out what 1 2 3 4 5 6 7 8 9 10

others feel when I don’t know.

1. I can confront others when 1 2 3 4 5 6 7 8 9 10

I see problems in what they are

doing, saying, or feeling.

1. I can tell when to give up on 1 2 3 4 5 6 7 8 9 10

something that isn’t working.

1. I am willing to feel sadness and 1 2 3 4 5 6 7 8 9 10

grief when I have to let go of

something that was important to me.

1. I am comfortable learning how to 1 2 3 4 5 6 7 8 9 10

do new things that I didn’t know how

to do before.

1. I do things as well as they need 1 2 3 4 5 6 7 8 9 10

to be done.

1. I finish things that need to be 1 2 3 4 5 6 7 8 9 10

finished.

**NEVER SELDOM SOMETIMES OFTEN ALWAYS**

1. I can recognize and communicate 1 2 3 4 5 6 7 8 9 10

about the reasons for my values

and beliefs.

1. I can recognize and understand 1 2 3 4 5 6 7 8 9 10

that others have different reasons

for the values and beliefs.

1. I am comfortable negotiating 1 2 3 4 5 6 7 8 9 10

openly with others to satisfy our

needs and wants.

1. I recognize and am comfortable 1 2 3 4 5 6 7 8 9 10

with the fact that I am connected to

other people.

1. I can be interdependent with 1 2 3 4 5 6 7 8 9 10

others without sacrificing my own

autonomy.