

Life Harmony Assessment Mental/Emotional Health

Review and answer each statement. If it is true, add 1 point. If the statement is only true “sometimes” or “usually,” **DO NOT** add a point. Only add a point if it is virtually always true. (No credit given until the statement is virtually always true.)

- 1 I am rarely depressed.
- 2 I accept my strengths and weaknesses for what they are, without apology.
- 3 I accept responsibility for managing my own feelings.
- 4 I can say “no” and set boundaries around myself and others without feeling guilty.
- 5 I express my feelings of anger in ways that are not harmful to others.
- 6 I like my uniqueness. I am aware of my gifts and abilities.
- 7 I set realistic objectives for myself.
- 8 When I make mistakes, I try to learn from them.
- 9 I include relaxation time as part of my daily routine.
- 10 I have no problem asking for exactly what I want, from anyone, when necessary.
- 11 The stressors in my life are manageable.
- 12 I allow myself recreational time to do those activities that I love.
- 13 I have friends or family that I can rely upon.
- 14 I am able to take life’s disappointments and setbacks in stride.
- 15 When problems arise, I tackle them instead of procrastinating about dealing with them.

Total Score

