

# 1.Spirituality

Creativity, order, connection

| Okay   | Needs Work  | Needs Help   |
|--|---|--|
| <input type="checkbox"/> Enjoy worship<br><input type="checkbox"/> Happy with fellowship<br><input type="checkbox"/> Happy with spiritual expression<br><input type="checkbox"/> Able to give and receive love<br><input type="checkbox"/> Appreciating beauty<br><input type="checkbox"/> Creative<br><input type="checkbox"/> Comfortable with your place in world<br><input type="checkbox"/> Connected, peaceful | <input type="checkbox"/> Less tolerant of different beliefs<br><input type="checkbox"/> Feeling distant from God; want to get closer<br><input type="checkbox"/> Don't know how to love or feel loved<br><input type="checkbox"/> Feeling distant from others<br><input type="checkbox"/> Struggling to understand others<br><input type="checkbox"/> Not sure where you fit in<br><input type="checkbox"/> Something's missing | <input type="checkbox"/> No reverence for anything outside self<br><input type="checkbox"/> Alone and wandering aimlessly<br><input type="checkbox"/> Spiritually empty<br><input type="checkbox"/> Don't care about others<br><input type="checkbox"/> Nothing seems important<br><input type="checkbox"/> Feel powerless to change life<br><input type="checkbox"/> Out of touch<br><input type="checkbox"/> Loss of purpose<br><input type="checkbox"/> Lacking a "moral compass" |

# 2.Emotional/Mental/Physical Health

Fitness, wellness, self-esteem, control

| Okay   | Needs Work  | Needs Help  |
|--|---|---|
| <input type="checkbox"/> Sleeping well<br><input type="checkbox"/> No bad nightmares<br><input type="checkbox"/> Working out regularly<br><input type="checkbox"/> Good nutrition<br><input type="checkbox"/> Good energy level<br><input type="checkbox"/> Good emotional control<br><input type="checkbox"/> Able to enjoy life<br><input type="checkbox"/> Not troubled by memories<br><input type="checkbox"/> Feeling good about self | <input type="checkbox"/> Trouble getting to sleep<br><input type="checkbox"/> Keep waking up<br><input type="checkbox"/> Out of shape<br><input type="checkbox"/> Eating too much or too little<br><input type="checkbox"/> Loss of interest in life<br><input type="checkbox"/> Feeling anxious or worried<br><input type="checkbox"/> Feeling irritable<br><input type="checkbox"/> Painful memories<br><input type="checkbox"/> Feeling guilty | <input type="checkbox"/> Can't sleep enough<br><input type="checkbox"/> Repeated disturbing thoughts<br><input type="checkbox"/> Trouble pushing memories out of mind<br><input type="checkbox"/> Panic attacks (heart pounding, shaking)<br><input type="checkbox"/> Rage outbursts<br><input type="checkbox"/> Depressed mood<br><input type="checkbox"/> Keep blaming self<br><input type="checkbox"/> Thoughts of suicide or homicide |

### 3.Relationships

Spouse, significant other, family, friends

| Okay   | Needs Work   | Needs Help  |
|--|--|---|
| <input type="checkbox"/> Good communication<br><input type="checkbox"/> Feeling close<br><input type="checkbox"/> Looking forward to seeing<br><input type="checkbox"/> Cooperating well<br><input type="checkbox"/> Playing well<br><input type="checkbox"/> Good sex<br><input type="checkbox"/> Good conversation<br><input type="checkbox"/> Affection<br><input type="checkbox"/> Openness<br><input type="checkbox"/> Responsiveness | <input type="checkbox"/> Trouble communicating<br><input type="checkbox"/> Occasional fights and disagreements<br><input type="checkbox"/> Uncomfortable being together<br><input type="checkbox"/> Not having fun<br><input type="checkbox"/> Staying apart<br><input type="checkbox"/> Difficult or rare sex<br><input type="checkbox"/> Complaints from partner<br><input type="checkbox"/> Ambivalence<br><input type="checkbox"/> Guardedness | <input type="checkbox"/> Poor comm.<br><input type="checkbox"/> Frequent fighting<br><input type="checkbox"/> Dreading contact<br><input type="checkbox"/> Emotional coldness<br><input type="checkbox"/> No sex<br><input type="checkbox"/> Irresolvable conflict<br><input type="checkbox"/> Criticism<br><input type="checkbox"/> Contempt<br><input type="checkbox"/> Defensiveness<br><input type="checkbox"/> Emotionally numb<br><input type="checkbox"/> Thoughts of hurting others or self |

### 4.Roles in Life

Leader, coach, parishioner, citizen, provider

| Okay   | Needs Work   | Needs Help   |
|--|--|--|
| <input type="checkbox"/> Comfortable in roles<br><input type="checkbox"/> Meeting your own expectations in roles<br><input type="checkbox"/> Able to balance competing demands<br><input type="checkbox"/> Fulfilled<br><input type="checkbox"/> Energized | <input type="checkbox"/> Some strain in roles<br><input type="checkbox"/> Not meeting own expectations in roles<br><input type="checkbox"/> Not able to fit the pieces together<br><input type="checkbox"/> Out of balance<br><input type="checkbox"/> Pressured<br><input type="checkbox"/> Drained | <input type="checkbox"/> Pulled apart<br><input type="checkbox"/> Too many demands<br><input type="checkbox"/> Tension between roles<br><input type="checkbox"/> Serious conflict with others over roles<br><input type="checkbox"/> Exhausted |

## 5. Public Behavior

Driving, waiting, dealing with public, patience

| Okay  | Needs Work  | Needs Help   |
|---|---|--|
| <input type="checkbox"/> Comfortable in public<br><input type="checkbox"/> Appropriate in public<br><input type="checkbox"/> Good and careful driver<br><input type="checkbox"/> Patient in frustrating situations<br><input type="checkbox"/> Calm, even with rude people<br><input type="checkbox"/> Friendly<br><input type="checkbox"/> No police involvement | <input type="checkbox"/> Avoiding going out in public<br><input type="checkbox"/> Suspicious of strangers<br><input type="checkbox"/> Absent minded<br><input type="checkbox"/> Getting frustrated easily<br><input type="checkbox"/> Impatient<br><input type="checkbox"/> Occasionally angry or irritable<br><input type="checkbox"/> Driving too fast<br><input type="checkbox"/> Driving recklessly | <input type="checkbox"/> Paranoid in public<br><input type="checkbox"/> Road rage<br><input type="checkbox"/> Picking fights<br><input type="checkbox"/> Rage outbursts in public<br><input type="checkbox"/> Panic attacks in public<br><input type="checkbox"/> Persistent hyperactive startle responses<br><input type="checkbox"/> Arrests |

## 6. Work Function

Shop, supervisors, goals, promotion, rewards

| Okay  | Needs Work  | Needs Help   |
|---|---|--|
| <input type="checkbox"/> Achieving<br><input type="checkbox"/> Feeling like a team<br><input type="checkbox"/> Mentoring subordinates<br><input type="checkbox"/> Getting rewarded<br><input type="checkbox"/> Career goals progressing<br><input type="checkbox"/> Job satisfaction<br><input type="checkbox"/> Enjoying going to work<br><input type="checkbox"/> Respected by subordinates | <input type="checkbox"/> Cutting corners<br><input type="checkbox"/> Needing a lot of supervision<br><input type="checkbox"/> Animosity toward peers or leaders<br><input type="checkbox"/> Being apathetic or unmotivated<br><input type="checkbox"/> Unrewarding<br><input type="checkbox"/> Stagnating<br><input type="checkbox"/> Indifferent | <input type="checkbox"/> No respect for self or others<br><input type="checkbox"/> Defying authority<br><input type="checkbox"/> Being a tyrant to subordinates<br><input type="checkbox"/> Hostile environment<br><input type="checkbox"/> Disorganized/lack of leadership<br><input type="checkbox"/> Held back<br><input type="checkbox"/> Unsupported<br><input type="checkbox"/> Abandoned<br><input type="checkbox"/> Abused |

## 7. Money and Finances

Budget, purchases, credit, bills, savings

| Okay   | Needs Work   | Needs Help   |
|--|--|--|
| <input type="checkbox"/> Saving money<br><input type="checkbox"/> Bills paid up to date<br><input type="checkbox"/> Keeping to budget<br><input type="checkbox"/> Debt under control<br><input type="checkbox"/> Working a financial plan<br><input type="checkbox"/> Spending in sync with spouse | <input type="checkbox"/> Minimal savings<br><input type="checkbox"/> Bills past due<br><input type="checkbox"/> Financial worries<br><input type="checkbox"/> Uncomfortable debt<br><input type="checkbox"/> Vague financial plan<br><input type="checkbox"/> Conflict with spouse over spending | <input type="checkbox"/> No savings<br><input type="checkbox"/> Collection notices<br><input type="checkbox"/> Major financial stress<br><input type="checkbox"/> Large debt load<br><input type="checkbox"/> Creditors contacting self, office, home<br><input type="checkbox"/> Total disagreement over spending<br><input type="checkbox"/> Financial trouble |

## 8. Substance Use/Abuse

Tobacco, alcohol, drugs, sugars, fats

| Okay   | Needs Work   | Needs Help  |
|--|--|---|
| <input type="checkbox"/> Good control over intake of alcohol<br><input type="checkbox"/> Not tempted to use drugs<br><input type="checkbox"/> Not smoking chewing more<br><input type="checkbox"/> Nobody who knows you thinks you are abusing | <input type="checkbox"/> Others express concern over drinking<br><input type="checkbox"/> Got drunk when didn't intend to<br><input type="checkbox"/> Use alcohol to get to sleep<br><input type="checkbox"/> Drinking is getting in the way<br><input type="checkbox"/> Smoking or chewing more | <input type="checkbox"/> Anger when others complain about drinking<br><input type="checkbox"/> Lying to keep drinking<br><input type="checkbox"/> Hiding drinking<br><input type="checkbox"/> Harm to life from alcohol<br><input type="checkbox"/> Using illegal drugs<br><input type="checkbox"/> Blackouts<br><input type="checkbox"/> Frequent drinking to intoxication |