

**SOCIAL LIFE ASSESSMENT—PART 1**

Name \_\_\_\_\_

Identify important people in your social life such as family, friends and work associates. There is no specific number that is required and you can use more than one page.

Date \_\_\_\_\_

Put each of these people in one of the outer circles on both parts of this assessment.

For each person consider whether your interactions with that person stimulate the emotions or feelings identified on each of the lines.

For each identified emotion or feeling scale the intensity of your feelings with that person on a scale from 0 to 10. Zero means that your interactions with that person don't stimulate that feeling at all. Ten means your interactions with that person stimulate the most intense feeling/reaction that is possible.

The diagram consists of a central large blue circle with the word "YOU" in white. Surrounding it are four smaller light blue circles, one in each quadrant. Each of these four circles has five lines extending from it, corresponding to the following emotions: Anger, Anxiety/Fear, Confusion, Depression/Sadness, and Guilt. Each line ends in a blank space for a numerical rating from 0 to 10. The text "FOR DEMONSTRATION ONLY" is overlaid on the diagram in a large, semi-transparent font.