

SOCIAL LIFE ASSESSMENT—PART 2

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.

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.

Name _____

Date _____

The diagram consists of a central blue circle with the word "YOU" in white. Surrounding it are four smaller blue circles, two on the left and two on the right. Each of these four circles is associated with a list of five emotions: Appreciation, Closeness/Connection, Happiness/Joy, Respect, and Security. Each emotion has a blank line next to it for a rating from 0 to 10.

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