# Self-Assessment Worksheet: My Emotional Health

Name: Blank Class: Blank Date: Blank

This self-assessment will help you understand your emotional health. The following statements reflect different parts of good emotional health. Select the answer that is most accurate for you. Be honest in your responses so that you can have an accurate understanding of where you are. Add up your points. The closer you are to 30 points, the better your emotional health is.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Always | Sometimes | Never |
| I know my own strengths and weaknesses.  | 3 | 2 | 1 |
| I feel like I am a good person.  | 3 | 2 | 1 |
| I believe that I deserve to be treated with respect.  | 3 | 2 | 1 |
| I like who I am.  | 3 | 2 | 1 |
| When something goes wrong, I am able to bounce back.  | 3 | 2 | 1 |
| I am able to keep going and reach my goals even when things are hard.  | 3 | 2 | 1 |
| I recognize when others are hurting, and I understand how they feel.  | 3 | 2 | 1 |
| I can learn from my mistakes, and I always try to improve.  | 3 | 2 | 1 |
| I feel in control of my emotions. | 3 | 2 | 1 |
| I am able to empathize with others who are grieving.  | 3 | 2 | 1 |

My score for My Emotional Health = Blank (total number of points)