



Self-Awareness on My Journey

Motivation and Energy Level	Not Motivated			Motivated	
How motivated are you to continue to learn to relate in a more healthy manner?	1	2	3	4	5
How much physical energy and stamina do you have for the journey?	1	2	3	4	5
How much emotional-mental energy do you have for the journey?	1	2	3	4	5
Optimism	Not Optimistic			Optimistic	
How optimistic do you feel about your ability to learn and grow in this process?	1	2	3	4	5
How optimistic do you feel that your loved one will eventually respond positively?	1	2	3	4	5
How optimistic are you that your life will be better regardless of your loved one's response?	1	2	3	4	5
Self-Care	Struggling			Thriving	
How much sleep are you getting each evening and what is the quality of this sleep?	1	2	3	4	5
What is the quality of your recent eating and exercise habits?	1	2	3	4	5
How involved are you with your personal interests and hobbies?	1	2	3	4	5
How connected are you with your Christian community and support network?	1	2	3	4	5
When you consider your life as whole, how balanced do the various areas feel?	1	2	3	4	5
Emotional State	Struggling			Thriving	
What level of anger do you feel towards your loved one who's living destructively?	1	2	3	4	5
What level of anxiety do you feel as a result of your loved one's destructive choices?	1	2	3	4	5
When you have negative feelings how constructive have you been at managing them?	1	2	3	4	5
How resilient (i.e., able to roll with negative feelings rather than get stuck in them) do you feel?	1	2	3	4	5

* This resource is modified and adapted from a comparable resource in *Beyond Addiction* by Foote, Wilkens, Koskane and Higgs (p. 280-283)