



## FOUR-DIMENSIONAL HEALTH ASSESSMENT

Rate each statement on a scale of 1 to 10 based upon HOW TRUE the statement is of you.  
(1 being TOTALLY UNTRUE of you and 10 being COMPLETELY TRUE of you)

### ONE

1. I believe that I am fully capable of meeting all of the demands placed upon me in life. \_\_\_\_\_
2. I understand and appreciate how much my family of origin has shaped me as a person. \_\_\_\_\_
3. I feel well prepared to handle and grow through negative experiences in life. \_\_\_\_\_
4. I have no problem being completely open and transparent with others in my life. \_\_\_\_\_
5. I have and am able to grieve personal losses by honestly processing my emotions. \_\_\_\_\_
6. I am able to effectively manage and cope with all the stressful things in my life. \_\_\_\_\_
7. I am comfortable with and know how to overcome my own anxieties. \_\_\_\_\_
8. I have a thorough understanding of my own mental and emotional health. \_\_\_\_\_
9. I have a firm handle on the role of healthy desires and expectations in my life. \_\_\_\_\_
10. I understand that happiness is a choice and choose to be happy. \_\_\_\_\_

**TOTAL** \_\_\_\_\_

### TWO

11. Intimacy is important in my life and have several close friends I can confide in. \_\_\_\_\_
12. I have a community of people I belong to who know me well and are there for me. \_\_\_\_\_
13. The personal and professional relationships in my life are healthy and balanced. \_\_\_\_\_
14. I am good at setting limits and establishing boundaries with others in my life. \_\_\_\_\_
15. I am quick to forgive others and move past the pain when others hurt me. \_\_\_\_\_
16. I am able to understand and empathize with others when they are hurting. \_\_\_\_\_
17. I am able to communicate effectively with people around me at home and at work. \_\_\_\_\_
18. I am comfortable with conflict and able to resolve it in a timely manner. \_\_\_\_\_
19. I have a strong sense of justice and fairness that shapes how I treat others. \_\_\_\_\_
20. I have a well-developed set of convictions that shapes my choices every day. \_\_\_\_\_

**TOTAL** \_\_\_\_\_

**THREE**

- 21. I have a fully formed philosophy of life that is sound and relevant for everything. \_\_\_\_\_
- 22. I have a deep spiritual life that informs my moral and ethical choices. \_\_\_\_\_
- 23. I have a real connection to something or someone bigger and beyond myself. \_\_\_\_\_
- 24. I am able to effectively see beyond the surface and feel things unseen around me. \_\_\_\_\_
- 25. I believe there is truth that can be discovered and applied to everything in this world. \_\_\_\_\_
- 26. I believe that human beings have special value and deserve respect. \_\_\_\_\_
- 27. I believe there is right and wrong and that we will be held accountable. \_\_\_\_\_
- 28. I am completely confident in and comfortable with what I believe to be true. \_\_\_\_\_
- 29. I have a strong conviction that I have a purpose and a contribution to make in life. \_\_\_\_\_
- 30. I have a healthy view of my sexuality and how it defines me as a person. \_\_\_\_\_

**TOTAL** \_\_\_\_\_

**FOUR**

- 31. I have a good self-image and a strong sense of personal identity. \_\_\_\_\_
- 32. I am aware of my personal strengths and am able to focus on them. \_\_\_\_\_
- 33. I have established goals for myself that force me to stretch and grow. \_\_\_\_\_
- 34. I am fully aware of my own needs and am able to ask for others to meet them. \_\_\_\_\_
- 35. I have a set of established core values that guide everything I do. \_\_\_\_\_
- 36. I am comfortable with responsibility and desire to have more of it. \_\_\_\_\_
- 37. I am a resilient person who bounces back quickly when I have a setback. \_\_\_\_\_
- 38. I have a sustainable rhythm of life that has adequate margin and balance. \_\_\_\_\_
- 39. I am aware and in-tune with what is happening inside of and all around me. \_\_\_\_\_
- 40. I have a strong sense of what I am designed to do and am doing it. \_\_\_\_\_

**TOTAL** \_\_\_\_\_

