

DO YOU TAKE GOOD CARE OF YOURSELF?

(Circle a number from 1 to 5)

ALMOST ALWAYS	MOST OF THE TIME	SOMETIMES	RARELY	NEVER
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A. I can tell when I am getting uptight	5	4	3	2	1
B. I do something relaxing every day	5	4	3	2	1
C. I have several good ways of unwinding and relaxing	5	4	3	2	1

XI TOTAL

A. I like being a woman(man)	5	4	3	2	1
B. I like to touch and be touched by the people I care about	5	4	3	2	1
C. My sexuality is a source of pleasure and satisfaction to me	5	4	3	2	1

XII TOTAL

A. I nurture my spirituality	5	4	3	2	1
B. I receive comfort from my spiritual beliefs	5	4	3	2	1
C. I use my spiritual beliefs as a guide for living	5	4	3	2	1

XIII TOTAL

A. When I can't sleep, I get up and do something else for a time	5	4	3	2	1
B. I awake feeling rested	5	4	3	2	1
C. I can sleep when I am tired	5	4	3	2	1

XIV TOTAL

A. I don't let health problems stop me from having as full a life as possible	5	4	3	2	1
B. I try to get all the information I can about my physical or mental illness	5	4	3	2	1
C. I am eager to explore ways of maintaining an optimum level of health	5	4	3	2	1

XV TOTAL

Add up the totals from each section. **DO YOU TAKE GOOD CARE OF YOURSELF?**

The sections with a low score indicate you may need reminders in those areas.