

Self Evaluation For Improvement

How well am I?

1. Giving control of my life and my will to my higher power?
2. Reacting to an authority figure without fear?
3. Standing up for myself?
4. Showing that I have a feeling of self-worth?
5. Acting or reacting in a way that is "true to myself?"
6. Taking responsibility for my actions?
7. Accepting someone without trying to change him or her?
8. Allowing someone to suffer the consequences of his or her own actions?
9. Accepting criticism or compliments in a positive way?
10. Allowing myself to feel my emotions or express my feelings?
11. Feeling peace or serenity?
12. Putting myself first, rather than last?
13. Refusing to be a victim?
14. Allowing another to do something for himself or herself rather than doing it for the other person?
15. Being an actor in a situation rather than a reactor?
16. Loving people who love and take care of themselves?
17. Giving myself approval?
18. Making myself vulnerable to someone I trust?
19. Judging my actions by my standards, rather than someone else's?
20. Allowing a significant person in my life to be upset and not get upset myself?
21. Remaining true to my values when someone asks me to do something which conflicts with those values?
22. Making a mistake and still thinking I am an OK person?
23. Making a statement without worrying about how others will feel about it?
24. Defending my boundaries?
25. Respecting another person's boundaries?
26. Interacting with my family of origin in a way that feels good to me?
27. Being genuine and telling others how I really feel?