

Self-analysis

This quiz enables people to stop for half an hour and look deeply inward and map what their current emotional wellbeing, health and relations to other people are.

Answer the questions : 5 – absolutely true, 4 – mostly true, 3 – somewhat true, 2 – somewhat untrue, 1 – completely untrue

1. I feel comfortable in my body.					
2. I know my strengths well.					
3. I know exactly the areas I want to develop.					
4. I know what I want out of my life.					
5. I know what inspires me.					
6. When I feel down, I know the reason.					
7. I experience negative thinking in my life.					
8. I experience chaos in my life.					
9. I don't always know what triggers me.					
10. I forgive others more easily than I forgive myself.					
11. I find it difficult to express my feelings.					
12. It is hard to say NO.					
13. I tend to overstep my boundaries.					
14. I find it hard to apologize.					
15. I have heated arguments with other people.					
16. I find it difficult to relax in silence.					
17. It's hard for me to communicate with people whose opinions and backgrounds are different from my own.					
18. I tend to respond to people who are angry by becoming angry myself.					
19. I have difficulty feeling and expressing my anger.					
20. I believe that good communication is fundamental to my well-being..					
21. I have strong opinions about most things and often find myself in disagreements or debates with others.					

22. I have defined my core values that my actions and behaviour are based upon.					
23. I know how to make myself feel satisfied.					
24. I know what activities give me joy.					
25. I can mostly predict what my reaction or behaviour will be.					
26. When I fail, I can generally figure out what went wrong.					
27. I see difficulties as part of life that everyone goes through.					
28. I try to take care of myself when I am feeling down.					
29. When times are difficult, I tend to be tough on myself.					
30. I eat larger food portions when I am feeling stressed.					
31. It's easy for me to express my feelings clearly to others.					
32. I find it easy to communicate with others.					
33. I feel that my native language can be an obstacle to communication/socialization with people of other languages.					
34. I always feel supported in overcoming my language difficulties.					
35. Those I interact with make an effort to understand me.					
36. When it is difficult for me to communicate, I isolate myself from others.					
37. I think that different interpretations of the words and the messages, can cause misunderstandings.					
38. In order not to cause misunderstandings, I am afraid to communicate with others.					
39. My cultural background can make communication and socialisation a difficult process.					
40. I feel free to talk about any proposed topic.					
41. I would like to change at least 2 things about myself.					
42. I am able to build my inner peace.					
43. I feel energized daily.					
44. I learn from my mistakes.					
45. I always wish others would know more about me.					

46. I smile every day.					
47. It is important for me to be loved.					
48. I am usually scared before an important event.					
49. I am worried about the future.					
50. I am able to prevent negative thoughts before I fall asleep.					