

## My Relationship With ME Quiz

For each statement choose the number that best describes how often the statement is true for YOU.

Rating system:

1= Rarely or Never 2= Sometimes 3= Often or Always

- |   |   |   |   |
|---|---|---|---|
| 1) I am proud of my intellectual ability  | 1 | 2 | 3 |
| 2) I like what I see when I look in the mirror  | 1 | 2 | 3 |
| 3) I am able to accept compliments with a sincere 'Thank You!'  | 1 | 2 | 3 |
| 4) I am intolerant of people speaking disrespectful to me   | 1 | 2 | 3 |
| 5) I avoid criticizing or gossiping about others  | 1 | 2 | 3 |
| 6) I take at least 30 minutes each day to do something that brings me joy   | 1 | 2 | 3 |
| 7) I avoid speaking negatively about myself   | 1 | 2 | 3 |
| 8) When I make a mistake I try to put energy into learning from it so I can do better next time rather than beating myself up | 1 | 2 | 3 |
| 9) I am conscious of eating nutritious food as much as possible   | 1 | 2 | 3 |
| 10) I exercise at least three times per week  | 1 | 2 | 3 |
| 11) I do my best to get 8 hours of sleep every night  | 1 | 2 | 3 |
| 12) I like being who I am   | 1 | 2 | 3 |
| 13) Maintaining strong relationships with girls is more important to me than being popular with boys                          | 1 | 2 | 3 |
| 14) I trust my ability to make decisions for myself   | 1 | 2 | 3 |
| 15) I feel capable of creating change in my life when I feel unhappy  | 1 | 2 | 3 |
| 16) I avoid spending more than 45 minutes getting ready in the morning  | 1 | 2 | 3 |
| 17) Generally speaking, I feel like I'm 'good enough'   | 1 | 2 | 3 |
| 18) I try to find balance between pleasing myself and pleasing others   | 1 | 2 | 3 |
| 19) I feel comfortable sharing my thoughts and asking questions in class  | 1 | 2 | 3 |
| 20) I openly express my thought and feelings with friends & family  | 1 | 2 | 3 |