

## **Self-Evaluation**

### **Happiness in Relationships**

#### **Spiritual Stability**

*I'm moving away from strong Scriptural teaching*                    *My faith & emotions are anchored*

– 1 – – – 2 – – 3 – – – 4 – – – 5 – – – 6 – – – 7 – – – 8 – – – 9 – – – 10 –

#### **Confidence in Times of Crisis**

*I'm constantly worried about what might happen*                    *God is my confidence*

– 1 – – – 2 – – 3 – – – 4 – – – 5 – – – 6 – – – 7 – – – 8 – – – 9 – – – 10 –

#### **Financial and Time Commitments**

*I do not take commitments seriously*                    *I won't break my commitments to others*

– 1 – – – 2 – – 3 – – – 4 – – – 5 – – – 6 – – – 7 – – – 8 – – – 9 – – – 10 –

#### **Conflict management**

*My life is full of conflict*                    *I'm a peace maker*

– 1 – – – 2 – – 3 – – – 4 – – – 5 – – – 6 – – – 7 – – – 8 – – – 9 – – – 10 –

#### **Emotional focus**

*I envy someone's position, popularity, or power*                    *I'm focused on good mentors*

– 1 – – – 2 – – 3 – – – 4 – – – 5 – – – 6 – – – 7 – – – 8 – – – 9 – – – 10 –

#### **Home Environment**

*I use hateful language at home*                    *I practice humility at home*

– 1 – – – 2 – – 3 – – – 4 – – – 5 – – – 6 – – – 7 – – – 8 – – – 9 – – – 10 –