

A REFLECTIVE PRACTICE — NOT A TEST

# My Relationship with Myself

*This brief self-assessment maps the ten dimensions of a secure relationship with self. The aim is not a score, but insight — into where you feel grounded, and where you might offer yourself more care.*

NAME \_\_\_\_\_ DATE \_\_\_\_\_

**Before you begin:** There are no right answers. Read each statement and circle the rating that feels most honest in this season of your life. *Honesty is more useful here than what you wish were true.*

1 Not at all true                      2 Rarely true                      3 Sometimes true                      4 Often true                      5 Very true

**1 Self-Acceptance**

I embrace both my strengths and my limitations. (1) (2) (3) (4) (5)

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I see imperfection as a natural part of being human. (1) (2) (3) (4) (5)

**2 Healthy Self-Esteem**

I value myself regardless of recent achievements or setbacks. (1) (2) (3) (4) (5)

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My sense of worth does not depend heavily on others' approval. (1) (2) (3) (4) (5)

**3 Emotional Awareness & Regulation**

I can identify and name my emotions accurately. (1) (2) (3) (4) (5)

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I work with my emotions without avoiding or being overtaken by them. (1) (2) (3) (4) (5)

**4 Self-Compassion**

I treat myself with kindness when I am struggling. (1) (2) (3) (4) (5)

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I respond to my own mistakes the way I would comfort a friend. (1) (2) (3) (4) (5)

**5 Boundaries with Self & Others**

I can say "no" when I need to without overwhelming guilt. (1) (2) (3) (4) (5)

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I balance my own needs with the needs of others. (1) (2) (3) (4) (5)

6 Trust in Self

I trust my ability to make decisions. [1] [2] [3] [4] [5]
I rely on my own judgment rather than always seeking external reassurance. [1] [2] [3] [4] [5]

7 Authenticity

I live in alignment with my values, even when it isn't easy. [1] [2] [3] [4] [5]
I express my genuine thoughts and feelings honestly. [1] [2] [3] [4] [5]

8 Resilience & Self-Support

I encourage myself during setbacks rather than tearing myself down. [1] [2] [3] [4] [5]
I see failures as opportunities for growth. [1] [2] [3] [4] [5]

9 Independence & Connection

I enjoy solitude without feeling lonely or incomplete. [1] [2] [3] [4] [5]
I can connect with others without losing my sense of self. [1] [2] [3] [4] [5]

10 Purpose & Meaning

I feel connected to my deeper values and aspirations. [1] [2] [3] [4] [5]
I use my sense of purpose to guide daily choices. [1] [2] [3] [4] [5]

TOTAL SCORE

Add the ratings from all 20 statements

[Empty box for total score]

/ 100

REFLECTIVE INTERPRETATION

- 80-100 A strong foundation of secure self-relationship. Notice what is supporting you and tend to it.
50-79 Developing security. Some domains feel grounded; others may benefit from gentle, deliberate care.
Below 50 An invitation, not a verdict. There is meaningful opportunity to nurture the inner relationship — often best with therapeutic support.

BRIEF REFLECTION

Which dimension feels most grounded for me right now?

Which dimension would benefit most from my care?

One small action I can take this week to nurture that dimension: