

Awareness Quiz

1. I avoid making hard decisions if I can. YES NO
2. It is hard for me to describe my emotions or what I am feeling. YES NO
3. My answer to questions is often non-committal, such as I think so, maybe, I will let you know, perhaps. YES NO
4. I worry about the future, probably more than I should. YES NO
5. I love to think about fond memories and even perhaps wish I lived in an earlier time. YES NO
6. I expect something in return when I do something nice for someone. YES NO
7. I embellish my stories and accomplishments regularly. YES NO
8. I tend to blame others. YES NO
9. It is hard for me to admit a mistake. YES NO
10. I make excuses for my behavior. YES NO
11. It can be hard for me to accept constructive criticism. YES NO
12. I often blurt out or say things that I do not mean. YES NO
13. I am a good listener. YES NO
14. I often point out what others are doing wrong. YES NO
15. I easily laugh at others. YES NO
16. I do not laugh about things I have done. YES NO
17. I need to know what is going on all the time. YES NO
18. I have a hard time giving up responsibility to others. YES NO
19. I tend to tell others what to do. YES NO
20. I like to get my way. YES NO
21. People often question my reactions. YES NO
22. My thoughts tend to be negative. YES NO
23. I have a hard time changing. YES NO
24. I do not find joy in things I like to do. YES NO
25. I beat myself up over decisions that I regret. YES NO
26. I feel challenged and defensive when someone questions my beliefs or philosophy. YES NO
27. I struggle at times to feel empathy for someone's situation. YES NO

28. I often do not know why I reacted a certain way. YES NO
29. I get overwhelmed trying to prioritize tasks that I need to get done. YES NO
30. I struggle with being on time. YES NO
31. I often lose self-control. YES NO
32. I am still looking for my feeling of knowing who I really am. YES NO
33. I tend to suppress or hide my emotions. YES NO
34. I have difficulty making realistic, actionable goals. YES NO
35. I find it hard to respect people. YES NO
36. I can be gullible and believe in things and ideas that are a bit farfetched.
37. I quite often speak over people in a conversation. YES NO

Answer key: If you have one YES, you have a little work to do. If you score THREE or more, you need to work on your awareness of self and others.