



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

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| 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 |