

Mental Health Items to Consider

Mental health is more difficult to define than pathology because the symptoms of normalcy are much more varied than deviance. The following items are an expansion of the 200 research question Shedler-Westen Assessment Procedure, also often used for illness diagnosis. These questions are all asked in the positive direction with ten degrees of answers from one to ten. This is not a research instrument and the answers are only for your use. Few, if any, would score tens (10s) on every question, or should they. This is just a guide to help you assess your personal life and to provide food for thought and to identify areas that you might focus on improving.

	<u>YES</u>	<u>SO-SO</u>	<u>NO</u>
Are your talents and abilities used effectively?	10 9	8 7 6 5 4 3	2 1
Are you efficient and productive?	10 9	8 7 6 5 4 3	2 1
Do you enjoy challenging projects?	10 9	8 7 6 5 4 3	2 1
Do you take pleasure in accomplishing things?	10 9	8 7 6 5 4 3	2 1
Do you have a genuine intimate and caring relationship?	10 9	8 7 6 5 4 3	2 1
Are your relationships long term?	10 9	8 7 6 5 4 3	2 1
Can you accept rejection?	10 9	8 7 6 5 4 3	2 1
Do you belong to a civic organization?	10 9	8 7 6 5 4 3	2 1
Do you belong to a religious group?	10 9	8 7 6 5 4 3	2 1
Do you participate in a like-minded group?	10 9	8 7 6 5 4 3	2 1
Do you enjoy helping other people?	10 9	8 7 6 5 4 3	2 1
Have you served as a guide or mentor to someone?	10 9	8 7 6 5 4 3	2 1
Have you nurtured another person?	10 9	8 7 6 5 4 3	2 1
Are you sensitive to another person's needs and feelings?	10 9	8 7 6 5 4 3	2 1
Do you help other people when you can?	10 9	8 7 6 5 4 3	2 1
Can you assert yourself effectively and appropriately?	10 9	8 7 6 5 4 3	2 1
Do you know difference between assertiveness vs aggression?	10 9	8 7 6 5 4 3	2 1
Do you have a sense of humor?	10 9	8 7 6 5 4 3	2 1
Can you accept challenges to your cherished beliefs?	10 9	8 7 6 5 4 3	2 1
Are you capable of changing your perceptions?	10 9	8 7 6 5 4 3	2 1
Can you tolerate constructive criticism of yourself?	10 9	8 7 6 5 4 3	2 1
Are you willing to change based upon corrective input?	10 9	8 7 6 5 4 3	2 1
Do you like yourself?	10 9	8 7 6 5 4 3	2 1
Have you come to terms with past painful experiences?	10 9	8 7 6 5 4 3	2 1
Have the experiences provided new meaning and growth?	10 9	8 7 6 5 4 3	2 1
Can you express yourself articulately when speaking?	10 9	8 7 6 5 4 3	2 1

- Can you get your point across in writing? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Is your sex life active as you would like it to be? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you satisfied with your sexual experiences? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Is your partner satisfied with your performance sexually? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you comfortable in social situations? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you able to mingle in groups? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do life activities provide contentment and happiness? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you have satisfying hobbies? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Is your affect appropriate for the situation at hand? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you modulate your response to fit the situation? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you control your anger? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you able to tolerate the anger of others? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you handle attempts by others to intimidate you? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you tolerate opposition that stirs up strong feelings? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you consider alternatives when emotionally involved? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you have moral standards? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you have ethical standards? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you tolerate tests of your moral and ethical standards? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Consider another point of view when emotionally involved? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you come up with creative solutions? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you find out-of-the-box solutions to challenges? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you conscientious? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you conduct yourself in a responsible manner? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you have mental energy? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you have physical stamina? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you an outgoing person? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you psychologically insightful? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you understand others in subtle and sophisticated ways? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you able to understand yourself? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you find meaning in what you do? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are your long-term goals and ambitions satisfying? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you form long-term friendships? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you support your friends? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do your friends support you? 10 9 | 8 7 6 | 5 4 3 | 2 1