

Emotional Health Inventory

Directions: Think about how you express each of these traits of emotionally healthy people in your own life. Rate yourself on each trait, and then answer the questions. Be honest. Your answers will be private.

Trait	all of the time	most of the time	some of the time	rarely or never
1. I accept who I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I express feelings in healthy ways.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I build healthy relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I manage stress in healthy ways.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I deal with conflict in healthy ways.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I show care and concern for others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I learn from mistakes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I take responsibility for my own choices and actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I ask for help when I need it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- ① Which are your strongest traits? _____
- ② Which trait(s) do you express only some of the time that you'd like to express more often? _____
- ③ Are there any traits you rarely or never express? Why do you think this is? _____
- ④ Which trait would you most like to improve or work on? _____

Emotional Health Quiz

Directions: Read each question and answer it honestly. Score your quiz. Then answer the question at the end.

1 When you make a mistake or fail at something, what thoughts tend to go through your mind?

- ☐ a. Next time I'll do better. At least I learned something.
- ☐ b. I can't do anything right. I'm just a big loser.
- ☐ c. It wasn't my fault.

2 When you do well at something, which of these things are you most likely to think?

- ☐ a. I'm proud of myself.
- ☐ b. I'm so much better than everyone else.
- ☐ c. That was just luck. I'm sure next time I'll fail.

3 When you do something nice for someone, what thoughts tend to go through your mind?

- ☐ a. I'm glad I helped make someone happy.
- ☐ b. I can't believe the person I was nice to wasn't more grateful.
- ☐ c. I can't wait for the person to be nice to me in return.

4 When someone makes you angry, which of these things are you most likely to do?

- ☐ a. Talk to the person to let them know how I feel.
- ☐ b. Talk about the person behind their back.
- ☐ c. Yell at the person and call them names.

5 When you need help with a project, what do you tend to do?

- ☐ a. Ask someone for help.
- ☐ b. Get mad because I need help.
- ☐ c. Don't do the project.

6 When someone puts you down, what do you usually do?

- ☐ a. Ignore the person.
- ☐ b. Try to fight the person.
- ☐ c. Talk about the person behind their back.

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Emotional Health Quiz

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7 When someone gives you a compliment, what do you usually do?

- ☐ a. Say, "Thank you."
- ☐ b. Ask what the person wants in return.
- ☐ c. Think the person is lying.

8 When you do something embarrassing, what do you usually do?

- ☐ a. Laugh at myself.
- ☐ b. Blame someone else for what I did.
- ☐ c. Try to get someone else to do something embarrassing too.

9 When you are stressed, what do you usually do?

- ☐ a. Try to find a way to relax or talk to a friend.
- ☐ b. Ignore the stress.
- ☐ c. Yell at people around me.

10 When you see someone make fun of a classmate, what do you do?

- ☐ a. Defend the person and try to make them feel better.
- ☐ b. Feel sorry for the person, but don't say anything.
- ☐ c. Join in making fun.

Scoring

Give yourself 10 points for every "a" response and 5 points for every "b" or "c" response. Use the key to rate your emotional health.

- ☐ **90–100** Your emotional health is very good. You can learn how to keep it that way.
- ☐ **70–85** Your emotional health is good and you have room to make it even better. You'll learn ways to improve it in this class.
- ☐ **50–65** You'll have lots of chances to improve your emotional health in this class. Ask your teacher for extra help.

What's 1 thing you learned about your emotional health?

Sample Emotional Health Goals

Directions: Here are some possible specific, realistic and measurable emotional health goals for the different traits of emotionally healthy people. Review the emotional health trait you'd like to improve (Number 4 on your **Emotional Health Inventory**). Then select one of these sample goals to work on, or write your own goal, if you want.

① I accept who I am

- I will use positive self-talk at least once each day for the next 2 weeks.
- I will write at least 5 positive things that happened to me every day for 2 weeks.

② Express feelings in healthy ways

- Over the next 2 weeks, every time I feel angry, I will count to 10 before I say or do anything.
- I will write about how I am feeling every day in my journal for the next 2 weeks.

③ Build healthy relationships

- I will talk with one new person in school each week for the next 2 weeks.
- I will take time to have a 15-minute conversation with my parent or a trusted adult every day for the next week.
- I will do something nice for a classmate at least once every day for the next 2 weeks.
- I will compliment at least 3 classmates every day for the next 2 weeks.
- Over the next 2 weeks I will practice being a good listener every time a friend is talking to me.
- I will ask my parent or a trusted adult how their day went at least 3 times in the next week.

④ Manage stress in healthy ways

- I will do deep breathing for 5 minutes, 3 days a week.
- I will use guided imagery to reduce my stress 3 times each week.
- I will use progressive muscle relaxation 3 times each week.
- I will create a list of steps I need to take to complete a project and cross them out as I complete them.
- I will do my homework when I get home each day before I do a fun activity.
- I will write down all my assignments in my planner and refer to it every day.

⑤ Deal with conflict in healthy ways

- Over the next 2 weeks, every time I feel angry, I will count to 10 before I say or do anything.

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Sample Emotional Health Goals

(continued)

- I will practice being a good listener every time I am in a conversation with someone for the next 2 weeks.
- When I have a strong feeling, I will take 5 deep breaths before I do or say anything.

6 Show care and concern for others

- I will do something nice for a classmate at least once every day for the next 2 weeks.
- I will compliment at least 3 classmates every day for the next 2 weeks.
- Over the next 2 weeks I will practice being a good listener every time a friend is talking to me.
- I will ask my parent or a trusted adult how their day went at least 3 times in the next week.

7 Learn from my mistakes

- When I make a mistake, I will think about what I learned from that mistake.
- When I get a homework assignment or test back, I will take the time to review what I missed and learn from that mistake.
- Every day for a week, I will write down at least one thing I want to work on or get better at.

8 Take responsibility for choices and actions

- I will do my chores at home without being asked for the next 2 weeks.
- I will do my homework when I get home each day before I do a fun activity.

9 Ask for help when I need it

- I will ask my teachers for help when I don't understand something.
- I will make a list of people I could ask for help and have at least one conversation with one of those people each week for the next two weeks.

My Goal:
