Self-Help Skills and Behaviors Inventory

In order to help yourself grow into a more self-sufficient, self-nurturing, self-healing, and self-confident person, you need more of the following self-help skills. Rate each of the following self-help skills on a four point scale:

0 = don't need more of since this skill you have plenty of and practice it most of the time.
1 = need a little more than you currently have since you are aware of the skill and at times practice it but you could benefit from more training and practice in it.
2 = need a great deal more than you currently have since you have a sketchy understanding of it and on a rare occasion have even tried it.
3 = an overwhelming need to learn about it to alter your feelings about it and to put it into practice since you have only heard of it and know nothing about it and have never practiced it in your life.

_____ 1. To honestly identify my feelings
_____ 2. To identify other people's feelings
_____ 3. To communicate openly and honestly
_____ 4. To effectively listen to others
_____ 5. To respond to others reflecting that I understand how they feel
_____ 6. To problem solve with others issues which arise in relationships
_____ 7. To identify my thinking which is unhealthy or irrational and to develop alternative, healthier thinking to overcome these beliefs which block my personal growth
_____ 8. To affirm myself for all of my personal skills, abilities, talents, competencies and other positive attributes
_____ 9. To eliminate guilt as a major motivator for my personal behavior
_____ 10. To maintain trust in myself to be there for me when I need me to be
_____ 11. To overcome my sense of insecurity
_____ 12. To allow myself to become vulnerable to the hurt and pain of failure, mistakes, and loss in order to grow
_____ 13. To take risks in life
_____ 14. To nurture my *inner child* in healthy ways
_____ 15. To desensitize and overcome my fears
_____ 16. To overcome my fear of failure
_____ 17. To overcome my fear of success
_____ 18. To reduce or eliminate my perfectionism
_____ 19. To overcome my human pride, by accepting that there is nothing I can't accomplish as long as I have my Higher Power with me as my partner in life
_____ 20. To practice patience by accepting that recovery is a life-long process
_____ 21. To grow in a deepening and maturing spirituality with an emerging personal relationship with my Higher Power
_____ 22. To continuously accept personal responsibility for my own thoughts, feelings, and actions and not put the blame on others
_____ 23. To handle the stress and anxiety in my life through relaxation and self-healing activities
_____ 24. To take care of my own physical health through proper nutrition, sleep, exercise, etc.
_____ 25. To not use procrastination but rather utilize healthy time-management techniques
_____ 26. To take the steps to prevent burnout in my life
_____ 27. To have a place, time, and people in my life with whom to have fun and enjoy myself
28. To resolve conflicts, disagreements, and fights with others in a win-win resolution
29. To overcome my fear of rejection
30. To reduce my need for approval from others
31. To practice healthy, assertive behaviors in all of my relationships
32. To eliminate the need to play sick, victim, or martyr roles in my life
33. To reduce competition in my interpersonal relationships
34. To have healthy intimacy with others
35. To set goals with the others with whom I have relationships
36. To recognize when my relationships are based on reality rather than on fantasy or a dream of the way it could be
37. To use forgiveness and forgetting in overcoming hurts in relationships
38. To establish a healing environment with others when needed
39. To help others recognize when they need help
40. To recognize and accept the reality of losses in my life
41. To reduce denial mechanisms from blocking my need to change
42. To cease bargaining in my need to change
43. To let go of the past and get on with the present
44. To face and accept death as a reality of life
45. To work my anger out in a healthy way
46. To overcome depression
47. To rid myself of hostility, sarcasm, and cynicism
48. To overcome pessimism and negativity
49. To work out my resentment
50. To stop jumping to negative assumptions
51. To not stuff my anger in silent withdrawal
52. To eliminate revenge as an unhealthy motivator
53. To eliminate any rageful behaviors
54. To reduce or stop self-destructive behaviors
55. To overcome any irritations
56. To eliminate passive aggressiveness
57. To handle angry confrontations in a healthy way
58. To emotionally detach from the toxic relationships in my life
59. To not manipulate others to do for me what I can do for myself
60. To give and accept healthy emotional support in my efforts at personal growth

TOTAL RATING