

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**