Questions for Testing Your Social-Essential Self Connection

Please circle the most accurate response to each statement.

1. My life feels like a great adventure:
   - often
   - sometimes
   - rarely
   - never

2. I feel sure I can solve any problem I encounter:
   - often
   - sometimes
   - rarely
   - never

3. I have fun:
   - often
   - sometimes
   - rarely
   - never

4. I laugh out loud:
   - often
   - sometimes
   - rarely
   - never

5. I feel overwhelmed by gratitude:
   - often
   - sometimes
   - rarely
   - never

6. I spend time in comfortable solitude:
   - often
   - sometimes
   - rarely
   - never

7. I am fascinated by things I’m learning:
   - often
   - sometimes
   - rarely
   - never

8. I feel deeply understood:
   - often
   - sometimes
   - rarely
   - never

9. Things just seem to work out for me:
   - often
   - sometimes
   - rarely
   - never

10. I get so involved in projects I forget to stop:
    - often
    - sometimes
    - rarely
    - never

11. I use my imagination:
    - often
    - sometimes
    - rarely
    - never

12. I do things I loved when I was a kid:
    - often
    - sometimes
    - rarely
    - never

13. People seem to enjoy being around me:
    - often
    - sometimes
    - rarely
    - never

14. I play:
    - often
    - sometimes
    - rarely
    - never

15. I feel perfectly safe:
    - often
    - sometimes
    - rarely
    - never

16. I get excited when it’s time to go to work:
    - often
    - sometimes
    - rarely
    - never

17. I feel mentally sharp and alert:
    - often
    - sometimes
    - rarely
    - never

18. I have really cool ideas:
    - often
    - sometimes
    - rarely
    - never

19. I love my body:
    - often
    - sometimes
    - rarely
    - never

20. I’m flooded with love for other people:
    - often
    - sometimes
    - rarely
    - never

21. I do new things, or old things in new ways:
    - often
    - sometimes
    - rarely
    - never

22. I do what I want to, even if it’s scary:
    - often
    - sometimes
    - rarely
    - never

23. I’m completely relaxed with other people:
    - often
    - sometimes
    - rarely
    - never

24. I feel intense physical pleasure:
    - often
    - sometimes
    - rarely
    - never

25. I am very pleased with myself in general:
    - often
    - sometimes
    - rarely
    - never

Scoring

The scoring for the Connection Questions test is very simple: If you didn’t answer “often” to every one of the questions, you could stand to be in closer contact with your essential self.