

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.**