

# The Nest-Builder System

## What's your comfort level?

For each item, circle the alternative that best fits you.

**SA** = strongly agree

**A** = agree

**N** = neutral

**D** = disagree

**SD** = strongly disagree

1. I enjoy nurturing others. **SA A N D SD**
2. I enjoy taking care of other people. **SA A N D SD**
3. I often like to see to people's needs. **SA A N D SD**
4. I love to see children develop. **SA A N D SD**
5. It gives me a sense of meaning to help other people.  
**SA A N D SD**
6. I like creating a cozy home. **SA A N D SD**
7. I do (or would) enjoy teaching children. **SA A N D SD**
8. I have a strongly developed parental side. **SA A N D SD**
9. I often feel sad when I am alone. **SA A N D SD**
10. I get lonely when I am not in a close relationship.  
**SA A N D SD**
11. I like making new friends. **SA A N D SD**
12. I take the time needed to take care of my friends.  
**SA A N D SD**
13. I like to listen to my friends' problems. **SA A N D SD**
14. I tend to think of other people's needs before my own.  
**SA A N D SD**
15. I think the greatest accomplishment in life is raising a good child.  
**SA A N D SD**
16. I make it a priority to spend time with friends. **SA A N D SD**
17. I don't mind people depending on me. **SA A N D SD**
18. I sometimes love to take care of children. **SA A N D SD**
19. At heart, I am very parental. **SA A N D SD**
20. I strongly value the cozy times of family closeness at home.  
**SA A N D SD**
21. I love cooking for the people I am closest to. **SA A N D SD**

**SCORING****SA** = 2 points**A** = 1 point**N** = 0 points**D** = -1 point**SD** = -2 points**FOR THIS QUESTIONNAIRE**A score of 20 or above is *high*.A score of 12 to 19 is *medium*.A score of 11 or below is *low*.

Add to get your total Nest-Builder Comfort Level score: \_\_\_\_\_.

**YOUR NEST-BUILDER COMFORT LEVEL SCORE**

If you scored 12 or above, your comfort level in the Nest-Builder system is in the medium to high range. This means that you like a lot of attachment and bonding, and you are a nurturing person. You're most at ease when the Nest-Builder in you is activated a lot.

If you scored below 12, you prefer independent relationships where people go their own separate ways much of the time. You don't require a great deal of bonding or caretaking in your life. You are not into being much of a Nest-Builder right now; you're most at ease when the Nest-Builder in you is fairly quiet.

**Is your life in sync with your Nest-Builder system?**

Next, evaluate your current experience with the Nest-Builder system by answering these questions. For each item, circle the alternative that best fits you.

1. My current life does not provide me with enough intimacy.  
**SA A N D SD**
2. In my current life, I don't get to take care of others enough.  
**SA A N D SD**
3. My tender side is not really appreciated right now.  
**SA A N D SD**
4. There is too much emotional distance in my life now.  
**SA A N D SD**
5. I feel lonely too much of the time. **SA A N D SD**
6. I am secretly more of a caretaker than anyone gets to see these days. **SA A N D SD**
7. I need to make more close friends. **SA A N D SD**
8. I wish that I had a life with more intimacy. **SA A N D SD**
9. I yearn for more connection with those around me.  
**SA A N D SD**
10. There is not enough affection in my life right now.  
**SA A N D SD**

**SCORING**

**SA** = 2 points

**A** = 1 point

**N** = 0 points

**D** = -1 point

**SD** = -2 points

Add to get your total Nest-Builder Current Life score: \_\_\_\_\_.

**YOUR NEST-BUILDER CURRENT LIFE SCORE**

If your score is above 6, you feel that your current life understimulates your Nest-Builder system. You need a life that gratifies the Nest-Builder in you more than your current situation does.

If you scored between -9 and 5, you feel that your current life is just right for stimulating your Nest-Builder system.

If you scored below -10, you feel that your current life overstimulates your Nest-Builder system. Your current life pushes you to be more of a Nest-Builder than you want to be.