

THE COURAGE TO CHANGE SELF-ASSESSMENT

(This assessment measures your capacity to handle challenging situations, evaluates your ability to adjust to them and find the courage to make changes.)

(Read each statement and rate it from 1 to 5 using criteria shown below)

1- ----- -2- ----- -3- ----- -4- ----- -5
Not true Seldom true Occasionally true Often true Absolutely true

1. You are able to see what's going on in challenging situations and remain emotionally present. _____
2. You find reasons to feel grateful and motivated to keep moving forward _____
3. You find beauty and wonder in the midst of life's struggles. They uplift you and inspire you to keep going. _____
4. You recognize when you've made a mistake, admit it and change direction _____
5. When something needs to be done, you can be counted on to follow through _____
6. Even when things get more difficult or frustrating, you keep at it. _____
7. You are known for bouncing back from adversity, regaining your balance and adapting in new and creative ways. _____

My total score is _____

Once you've added up your score, return to the assessment page for your results.

<https://www.youramazingjourney.com/change-assessment>

To learn about Joan's holistic psychotherapy practice, browse through our website.

To schedule your FREE phone consultation call Joan at 516-522-0573

This assessment was designed by Joan Stenzler, LCSW as a helpful tool for determining your capacity for change and to help you identify the areas on which you need to focus, in order to make successful change possible.