



Self-Assessment Form

Please check any of the indicators you experience:

I feel that something is holding me back, and I want to take off the limits.

I know what I should do, but often cannot generate the will to do it.

I often feel angry, resentful, embarrassed, or depressed.

I either dominate and intimidate others, or I feel intimidated, coerced, and can't stand up for myself.

I work compulsively often to the detriment of other aspects of my life.

Meaning is going out of my marriage, my career, or life in general. I often feel I am just going through the motions.

There's a lack of intimacy in my life – I've been unsuccessful in creating relationships or have had repeated failed relationships.

I am either unemotional and disconnected from my feelings, or my feelings are running my life.

I recognize that my parents were not as loving or supportive as I wanted them to be.

I know that bad things happened in my childhood.

I see myself passing my own pain onto my children.

I want to be a better parent.

If you experience any of these indicators and want to make a change, take the next step and call us today – 800/506-5253.