**Inner Peace Assessment**

**Directions:** answer each of the following questions using the scale provided. Please note that the scale is reversed for the second and most of the third section. Upon completion, tally up each section.

**Scale: 1=never, 2=seldom, 3=sometimes, 4=often, 5=always**

**Self-Compassion**

\_\_\_\_\_ Do you acknowledge when you are suffering emotionally?

\_\_\_\_\_ Do you accept emotional suffering without judgment?

\_\_\_\_\_ Are you aware that other people are suffering emotionally?

\_\_\_\_\_ Do you think you deserve as much compassion as other people do?

\_\_\_\_\_ Are you able to find words to soothe yourself when you are suffering emotionally?

\_\_\_\_\_ Would you comfort a friend who was suffering emotionally?

**Scale: 1=always, 2=often, 3=sometimes, 4=seldom, 5=never**

*(note that the scale has been reversed for the next two sections)*

**Self-Forgiveness**

\_\_\_\_\_ Do you beat yourself up about things that have happened in your past?

\_\_\_\_\_ Do you think forgiveness is a sign of weakness?

\_\_\_\_\_ Do you forgive yourself when your actions are not aligned with your values?

\_\_\_\_\_ Have your decisions ever made you feel worthless?

\_\_\_\_\_ Have you ever felt you needed to be forgiven for something you’ve done or said or thought?

\_\_\_\_\_ Do you harbor anger or resentment towards yourself for actions you didn’t take that you wished

 you had taken?

**Scale: 1=always, 2=often, 3=sometimes, 4=seldom, 5=never**

**Self-Love**

\_\_\_\_\_ Do you ever find yourself having repetitive negative beliefs about yourself?

\_\_\_\_\_ Do you think you need to be perfect to be loved?

\_\_\_\_\_ Do you ever doubt if you are worthy of love either from yourself or others?

\_\_\_\_\_ Does loving yourself make you a conceited person?

\_\_\_\_\_ Do your weaknesses make you less lovable?

**Scale: 1=never, 2=seldom, 3=sometimes, 4=often, 5=always**
*(note that the scale has been reversed for the next two questions)*

\_\_\_\_\_ Do you know your strengths?

\_\_\_\_\_ Do you embrace your challenges/weaknesses?