

Questions for Testing your Social-Essential Self Connection

By Martha Beck ~ <https://marthabeck.com/2010/05/essential-selfsocial-self/>

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 silence:

Often Sometimes Rarely Never

7. I am fascinated by things I am 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

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| 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 is 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 am 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 is scary: | Often | Sometimes | Rarely | Never |
| 23. I am 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 |