# Questions for Testing your Social-Essential Self Connection


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
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