



Fragmentation Test



I often think what I do is not quite good enough.

I resist feeling “bad” emotions in an effort to be “good,” but find that “bad” emotions occasionally take hold of me.

I view emotionality as a sign of weakness and a lack of control.

I’m afraid to question authority when I see a better way.

At work, it’s necessary to act confident even when I’m not.

I project an image of a happy or secure person without really feeling it.

I have a tendency to withdraw when challenged.

I often put on a face to hide what I feel.

I wish I felt more at ease around people.

I care more about what others think of me than I’d like to admit.

I am generally restrained when it comes to emotional expression, but often have stronger feelings than I express.

I feel the need to defend myself.

I have a hard time feeling safe in an intimate relationship.

I sometimes shudder at something I’ve said.

At times, I cringe when I remember something I regret from the past.

I feel rejected when people disagree with me.

I tend to avoid eye contact with other people.

I find it difficult to receive gifts from others.

I feel like I am not as successful as I should be at this point in my life.

I try to win people’s approval.



The Whole Person Inventory



Check qualities you actively demonstrate in daily life.
Then circle qualities that you want to strengthen.

Spontaneous

Open to your own experience of life

Able to experience all of your feelings

Undefended and self-accepting

The courage to be imperfect

Non-judgmental with others

Living more completely in the moment

A clear sense of purpose

Trusting your own judgment in finding your best available answer to any situation

Creative, curious, and interested in learning

A good listener

Unconditionally loving

Constructive in your response

Collaborative and democratic

Open to other people's ideas and points of view but not governed by them

Empathic and compassionate

Able to forgive

Able to give and receive appreciation and admiration

The capacity to retreat into the quiet of your own being