

# Self-Assessment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please place a check those characteristics that apply to you. This confidential self-assessment allows Dr. Russell to help you capitalize on your strengths and overcome destructive characteristics. We realize there are variations in degree, so check any that even minimally apply to you. Remember, these are simply descriptions not judgments.

- Irritable
- Overly excitable
- Isolative
- Conflict avoidant
- Lazy
- Anxious
- Depressive
- Disorganized
- Aggressive
- Fearful
- Jealous
- Easily deceived
- Avoid responsibility
- Intolerant
- Demanding
- Addicted
- Self-defeating
- Hurtful
- Rageful
- Spiteful
- Sarcastic
- Defensive
- Shy
- "Worry wart"
- Spendthrift
- Impatient
- Moody
- Financially irresponsible
- Poor judge of character
- Guilty
- Workaholic
- Grudge holder
- Easily discouraged
- Helpless
- Hopeless
- Controlling
- Money hungry
- Vulnerable
- Self-destructive
- Relationship Dependent
- Sexist
- Racist

- Assertive
- Decisive
- Powerful
- Happy-go-lucky
- Calm
- Helpful
- Gentle
- Loving
- Cautious
- Demonstrative
- Happy
- "Full of life"
- Good communicator
- Loyal
- Good friend
- Even-tempered
- Financially successful
- Empathic
- Creative
- Good listener
- Outgoing
- "Life of the party"
- Adventurousome
- Stable
- Intelligent
- Perseverant
- Dependable
- Honest
- Skillful
- Resourceful
- Complimentary
- Good spouse/partner
- Good parent
- Valuable friend
- Generous
- Good self-concept
- Good sexual partner
- Well-educated
- Cultured
- At peace
- Content
- Other (please list on reverse side)