

4 Assessments from *Seeking Your Healthy Balance*

Attitude Assessment		
♥	What types of people never or rarely have the opportunity to experience your care for them? People who have physical defects? Different skin color? Strange language? Mental limitations? People who are ill? Odd? Old? Fragile? Disoriented? Deaf? Crazy? People who make you angry? Frighten you? Repulse you? Who are they?	
♥	Stretch your attitude. Think about the week ahead and the people you're likely to make contact with at home, work, shopping, church, meetings, concerts. Name one person you would usually brush past or greet only perfunctorily – a bank teller, a construction worker, your principal, a crotchety neighbor, the blind woman who rides your bus, the Vietnam Vet in the next office.	
	Name	
♥	Focus on that person now for a minute. Open your mind and consider what that individual might be like as a human being. What needs might this neighbor be carrying that you could meet?	
♥	What might brighten the day for this person?	
	What could you do to reach out?	
♥	Resolve to reach out and make positive contact with this neighbor at your next opportunity. See what happens. Work to expand this attitude of openness to more and more people. My resolve:	

Listening Assessment

♥ When was the last time you gave your full attention as a gift to someone else and really listened closely?

♥ Think back over today. What bad listening habits prevented you from listening with your heart? The situation?

♥ What stopped you from hearing the feelings? Fear of yourself? Wanting to fix the problem? Afraid of the results? Asking too many questions? Disagreement with what the person was saying? The desire to give advice? Focusing on your own problems? Wanting to be liked? What stopped you?

♥ Thinking about that situation now, how could you have listened more carefully?

♥ What positive effect do you imagine that listening would have had on the conversation? On the other person?

Physical Closeness Assessment

♥ How do you feel when people touch you?

♥ How much is physical closeness and touching a regular part of your daily life outside the family?

♥ What are your rules about touching?

♥ Who needs to be touched by you today?

Thanks-giving Assessment

♥ How do you feel when someone tells you directly how much they appreciate you?

♥ In what ways do you reach out to others by showing gratitude?

♥ In what ways are you careless about remembering to demonstrate your appreciation?

♥ Who needs to hear a “thank you” from you today?
