

Self-Assessment Tool

HOW WELL CAN YOU RELAX?	Always	Sometimes	Never
1. Are you able to shut out your worries when you go to bed at night?	3	2	1
2. Are you able to take a nap during the day and waken refreshed?	3	2	1
3. Is your clothing well fitting and comfortable?	3	2	1
4. Are you able to concentrate on one problem at a time?	3	2	1
5. Do you plan your day's activities?	3	2	1
6. Do you find time to relax and stretch during the day?	3	2	1
7. Do you take time to relieve held positions required in your work to prevent a feeling of tenseness?	3	2	1
8. When you feel yourself becoming tense because of sustained positions, do you know how to relax by doing simple movements?	3	2	1
9. Do you check yourself frequently for habitual tension habits, such as scowling, clenched fists, tight jaws, hunched shoulders, or pursed lips?	3	2	1
10. Do you relax these evidences of tensions through simple movements so that you can sleep well?	3	2	1
11. Do you find it easy to relax so that you sleep easily and deeply?	3	2	1
12. Do you know how to release tensions through simple movements so that you can sleep well?	3	2	1
13. Do you play with such interest that you become completely absorbed in what you are doing?	3	2	1
14. Do you plan your life to have a change of people, scenery, and thoughts?	3	2	1
TOTAL			
Ability to relax: 33-42 High 24-32 Average 14-23 Low			