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SELF-ANALYSIS SURVEY FOR PARTICIPANTS

Answer the questions : 5 – absolutely true, 4 – mostly true, 3 – somewhat true, 2 – somewhat untrue, 1 – completely untrue

1. I feel comfortable in my body.					
2. I know my strengths well.					
3. I know exactly the areas I want to develop.					
4. I know what I want out of my life.					
5. I know what inspires me.					
6. When I feel down, I know the reason.					
7. I experience negative thinking in my life.					
8. I experience chaos in my life.					
9. I don't always know what triggers me.					
10. I forgive others more easily than I forgive myself.					
11. I find it difficult to express my feelings.					
12. It is hard to say NO.					
13. I tend to overstep my boundaries.					
14. I find it hard to apologize.					
15. I have heated arguments with other people.					
16. I find it difficult to relax in silence.					
17. It's hard for me to communicate with people whose opinions and backgrounds are different from my own.					
18. I tend to respond to people who are angry by becoming angry myself.					



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19. I have difficulty feeling and expressing my anger.					
20. I believe that good communication is fundamental to my well-being..					
21. I have strong opinions about most things and often find myself in disagreements or debates with others.					
22. I have defined my core values that my actions and behaviour are based upon.					
23. I know how to make myself feel satisfied.					
24. I know what activities give me joy.					
25. I can mostly predict what my reaction or behaviour will be.					
26. When I fail, I can generally figure out what went wrong.					
27. I see difficulties as part of life that everyone goes through.					
28. I try to take care of myself when I am feeling down.					
29. When times are difficult, I tend to be tough on myself.					
30. I eat larger food portions when I am feeling stressed.					
31. It's easy for me to express my feelings clearly to others.					
32. I find it easy to communicate with others.					
33. I feel that my native language can be an obstacle to communication/socialization with people of other languages.					
34. I always feel supported in overcoming my language difficulties.					
35. Those I interact with make an effort to understand me.					
36. When it is difficult for me to communicate, I isolate myself from others.					
37. I think that different interpretations of the words and the messages, can cause misunderstandings.					



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38. In order not to cause misunderstandings, I am afraid to communicate with others.					
39. My cultural background can make communication and socialisation a difficult process.					
40. I feel free to talk about any proposed topic.					
41. I would like to change at least 2 things about myself.					
42. I am able to build my inner peace.					
43. I feel energized daily.					
44. I learn from my mistakes.					
45. I always wish others would know more about me.					
46. I smile every day.					
47. It is important for me to be loved.					
48. I am usually scared before an important event.					
49. I am worried about the future.					
50. I am able to prevent negative thoughts before I fall asleep.					