

How personally responsible are you?

How often do you claim that others have made you what you are today?

How easy is it to accept that you are responsible for your choices in life?

How easy it is to believe that you decide the direction your life takes?

How easy is it to blame others for where you are today?

What masks do you hide behind to avoid accepting personal responsibility?

How rational are you in dealing with the part you played in being who you are today?

How easy is it to accept blame or admit mistakes?

How easy is it to accept that you determine your feelings when negative events occur?

How easy is it to depend solely on yourself for acceptance, affirmation, and approval?

How willing are you to be the sole determinant of the health of your self-esteem?

How frequently do you feel sorry for yourself?

How easy is it to let go of guilt if you stop rescuing those in your life?

How willingly do you take preventive steps to ensure your physical and emotional health?

How successfully have you practiced self-affirmation in your life?

How successfully have you practiced anger work out and letting go in order to get on with your life?