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PowerShifts Assessment Tool

The Institute of Transformational and Transpersonal Coaching
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ITTC PowerShifts© Tools Mental and Emotional Strength Building Questionnaire

People who are mentally and emotionally strong usually avoid the following 13 behaviors and beliefs. By taking this questionnaire and being as honest with yourself as possible, you can identify the energy drains you have control over and those that need attention. Mental and emotional strength are required to develop resiliency, attain goals, and live productive and meaningful lives.

Instructions:

1. Using the scale below, choose a number from 0-5 that best represents the amount of challenge or the intensity of a challenge you experience for each item in every category 1-13 and write it in the space to the right of each statement. Go with your gut feeling if you are unsure.
2. Add up the points of each item in the category and write it in the space to the left of each numbered category.
3. If it changes depending on the situation, write the number that best describes how difficult it usually is for you.

0 = zero problem or challenge - No change to my self-image and sense of peace

1 = slight problem or challenge - Slight change to my self-image but easily rebalanced

2 = more than a slight problem or challenge - Occasionally changes my self-image but easily rebalanced

3 = moderate problem or challenge - Frequently changes my self-image but easily to rebalanced

4 = frequent problem or challenge - Frequently changes my self-image but difficult to rebalance

5 = severe problem or challenge - Always changes my self-image but difficult to rebalance

___1. Do you waste time feeling sorry for yourself?

- a. I feel sorry for my circumstances when things don't go how I want them to. ___
- b. I tend to dwell on the ways I've been mistreated. ___
- c. I have a hard time finding gratitude for challenging situations. ___
- d. I develop new awareness about myself when faced with challenges. ___

___2. Do you give away your power?

- a. Others can make me feel good or bad about myself. ___
- b. When upset or challenged by others' behavior, I feel in control of my actions. ___
- c. Even if I can control my actions and be socially acceptable, I have difficulty controlling my private thoughts and emotions ___
- d. Even if I can control my actions in front of others, I take self-destructive or self-sabotaging actions in private. ___

___3. Do you shy away from change?

- a. I welcome challenges. ___
- b. I tend to become complacent or stagnant when faced with uncertainty or the unknown . ___
- c. Change or uncertainty brings out the worst in me. ___
- d. I feel comfortable and confident when plans change at the last minute. ___

___4. Do you waste energy on things you can't control?

- a. I complain about things like lost luggage, traffic, and other people's behaviors or beliefs. ___
- b. I am challenged to control my responses and attitude when things don't go as planned. ___
- c. If someone disagrees with me, I take measures to give them information to support my position even if they don't want the information. ___
- d. I attempt to help people even though they don't want to be helped. ___

___5. Do you worry about pleasing others?

- a. I am unafraid to speak up for what is right in a kind and firm manner. ___
- b. I can withstand the possibility of someone being upset with me to do what is necessary and important. ___
- c. If I make a mistake, I will disappoint someone or be disappointed with myself. ___
- d. If I say no to someone's request, I feel guilty ___.

___6. Do you have a fear of or a strong dislike for taking calculated risks?

- a. I dislike entertaining ideas that appear to be risky. ___
- b. I enjoy weighing the risks and benefits of an idea. ___
- c. The idea of the worst-case scenario prevents me from investigating potential benefits and solutions. ___
- d. I see all risks as being dangerous and cannot see opportunities in risks. ___

___7. Do you dwell on the past?

- a. Looking at the past to discover what I learned is challenging for me. ___
- b. Examining the past is painful because it represents what I didn't get to do and missed out on. ___
- c. My inner attention focuses more on what happened in the past than it does the facts of the present situation. ___
- d. The thought of planning the future causes me anxiety. ___

___8. Do you make the same mistakes over and over?

- a. Other people's actions and choices influence my actions and behaviors. ___
- b. Learning from my past misunderstandings is fun for me. ___
- c. I feel better about myself after spending time reflecting on myself. ___
- d. Doing new things makes me uncomfortable to the point I avoid doing new things. ___

___9. Do you resent or feel jealous of other people's success?

- a. It is hard for me to be happy for other people's success when I work as hard as they do and I don't get the same results. ___
- b. Taking chances to get where I want in life is easy for me. ___
- c. I am willing to do whatever it takes to be successful and not rely on shortcuts. ___
- d. When I see others doing better than myself, it makes me want to quit what I am doing ___.

___10. Do you give up after failure?

- a. Failing again and again until I succeed is acceptable. ___
- b. I learn from failure and can move forward. ___
- c. Creating a plan B or plan C is hard for me. ___
- d. Failing makes me lose respect and trust in myself ___.

___11. Do you fear alone time?

- a. I enjoy and treasure my alone time. ___
- b. I evaluate my needs and effectively use my downtime to meet my needs in healthy balanced ways. ___
- c. My happiness and good moods depend on other people's presence and behavior. ___
- d. Alone time makes me nervous. ___

___12. Do you feel the world owes you something?

- a. I am prepared to enter the world and receive solely based on my actions. ___
- b. I get upset when others don't treat me the way I treat them. ___
- c. When people are not fair, I get upset and can feel resentful or bitter. ___
- d. I am tired of not getting what I deserve. ___

___13. Do you expect immediate results?

- a. Seeing a project to the end is hard for me. ___
- b. Dealing with setbacks can make me want to remove myself from a job, task, or relationship. ___
- c. I want difficulties to be over. Discussing "Issues" is a challenge for me. ___
- d. Small successes are meaningless to me. I only celebrate at the end of a project. ___

TOTAL SCORE: _____

How Did You Do? If you scored 40 or lower, CONGRATULATIONS! Most mentally and emotionally healthy people score 40 or less. If your score was over 40, can you imagine your life with your score cut in half? Or even lower?! Even if you scored under 40 points, creating an action plan to strengthen your mental and emotional responses to challenging situations will help you become even more emotionally intelligent.

ITTC PowerShifts© Action Plan

The following suggestions are offered as a starting place to put this information to work. Now that you have more clarity around what causes your emotional and mental energy drains, how would you like to put this information to work for you?

Look at the PowerShifts Affirmation sheet for examples of affirmations to use to begin repatterning your emotional and mental energy drains. I would also suggest you do the Core Values and Strengths Assessment before creating a final action plan. The information from these two assessments used together will create powerful shifts and increase your emotional and mental clarity and strength.

Here are some suggestions on how to use this information:

- Use the affirmations daily, especially when you feel an old trigger begin to drain your energy.
- Look at your top 10 values. How do your values and energy drains relate?
- Do you notice that you have a more challenging time enacting values associated with a specific drain? If so, work with your coach to examine the potential correlations.
- Create action plans on the practices and behaviors needed to shift into emotional and mental strength.
- Write your own affirmations to combine your values with the specific emotional and mental skill you are focusing on strengthening.
- Journal about what you are noticing as you practice your new skills.
- Create guided visualizations to help solidify the new skills in your subconscious mind.

There are many ways you can utilize the information from this questionnaire! Use your imagination and work with your coach to find new ways to strengthen your mind and emotions!