

## Social

4	3	2	1	0	
					I listen and act upon my intuition.
					I take risks or exceed previous limits.
					I feel a sense of purpose.
					I feel a sense of belonging to a group of community.
					I am involved in at least two clubs or organizations.
					I manage my time between work, family, friends, and play.
					I give charitable contributions when resources are available.
					I am involved in community events and/or my child/children's school events.
					I see my close friends at least once a month.
					I go out of my way to give my time to help others.
					I confide in or speak openly with one or more close friends.

Scoring:

\_\_\_ + \_\_\_ + \_\_\_ = \_\_\_ = Total points for this section

Divided by \_\_\_ (number of statements answered) =

___ . ___
-----------

Average score for this section

- 4 = Yes, always or usually
- 3 = Often
- 2 = Sometimes, maybe
- 1 = Occasionally, rarely
- 0 = No, never or hardly ever