


# Counseling Services, Inc.

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## Self Help

If you have 5 minutes, run through this list of 20 questions about you and your life style. You can score it yourself for immediate feedback. For each question score: Never 1, Often 2 or Always 3.

	<b>Question</b>	<b>Score 1, 2, or 3</b>
	Have a need for recognition?	_____
	Trouble delegating work?	_____
	Are you highly competitive at work?	_____
	Are you an aggressive driver?	_____
	Impatient waiting in line?	_____
	Do you react to frustration with hostility?	_____
	Are you always the first one finished at dinner?	_____
	Do you think you are "dull"?	_____
	Is a "routine" hard for you?	_____
	Do you ever feel unstable?	_____
	Are you inconsistent?	_____
	When you do relax, do you feel guilty?	_____
	How frequently do you relax?	_____
	Do you finish sentences for others?	_____
	Are you a fast driver?	_____
	Do you usually do more than one thing at a time?	_____
	Are you highly competitive at play?	_____
	Do others disappoint you?	_____
	Are you setting unrealistic deadlines or goals?	_____
	<b>Total Score</b>	_____

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To see if Counseling Services, Inc. has something to offer check your score:

**20-30** Consider talking to someone about taking chances and living.

**31-40** Consider chatting about some changes.

**41-50** Let's talk about life styles.

**51-60** While reaching for the stars, how about a chat about reality.

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