

HAYC'S *Emotional Health Inventory*

Please Select True or False For Each Statement

- | T | F | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1) When someone asks me for help and I legitimately can't do it, I still feel guilty. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2) When someone gets praise for something deserved or undeserved, I feel jealous. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3) When I watch the news, I feel worried about the future. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4) When someone rejects my idea, I immediately rethink my idea and then dismiss it as stupid or bad. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5) When someone at work shirks responsibility, I secretly resent them but don't do anything about it. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6) I let other people's actions determine my mood. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7) When I feel overwhelmed, I assess the situation, make changes in my life and/or ask for help. |
| <input type="checkbox"/> | <input type="checkbox"/> | 8) When you want to make a life change, you come up with a million reasons why you can't or shouldn't. |

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T

F

9) When you try something new and it fails the first time, you give up because you've clearly demonstrated that the idea won't work.

10) When you're unsatisfied with an area of your life, you take risks in order to change it.

Emotional Health Inventory

Emotional Health Inventory Commentary

1) When someone asks me for help and I legitimately can't do it, I still feel guilty.

It can be so hard to say no to someone. We never want to let people down or have them think less of us but sometimes we have to say no and that's okay.

You shouldn't feel guilty when you legitimately can't help someone, even if that person tries to make you feel like you should.

Emotionally strong and healthy people know this and don't let allow others to make them feel guilty for no reason.

2) When someone gets praise for something undeserved, I feel jealous.

Oh, our old friend Jealousy. He pops up when we least expect him. When someone gets a promotion at work and they don't deserve it, it can make us so upset. We can even be jealous when they do deserve it!

But the thing is, the jealousy that we feel doesn't affect that person at all (unless we act out against them in some way and we aren't going to do that!). So we are just hurting ourselves. I know it sounds trite but we all know it's true. We have to get to a place where we can brush it off when people get good things they don't deserve and congratulate those who do deserve good things.

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3) When I watch the news, I feel worried about the future.

If you consume a constant diet of the news, then you might have a sky is falling outlook on life. If you want to feel more at peace with the state of the world, one of the best things you can do is a media detox. Slowly start watching less tv and news and your peace will probably shoot through the roof.

4) When someone rejects my idea, I immediately rethink my idea and then dismiss it as stupid or bad.

Emotionally healthy people would take the criticism of their idea , carefully weigh that person's objections and either decide okay, yes, I hear what they are saying that wasn't the best idea or decide that person just doesn't see my vision. You always have to consider the source of the criticism. Is this a person that is typically negative?

5) When someone at work shirks responsibility, I secretly resent them but don't do anything about it.

Yes, this makes me mad too but when react this way and we treat people differently without telling them why we are treating them differently, we aren't being fair to the other person. As much as we wish people would just do right, in this situation, we either need to talk to that person about how we feel or let it go.

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6) I let other people's actions determine my mood.

I understand that we don't live in a vacuum, no man is an island, and that what other people do does have an affect on us. However, sometimes we do let other people's actions have too much influence on us and how we feel about ourselves. This is something I will talk about in future blog post because I know the impact others can have over our emotions. There are ways to learn to care less about what people say or do to us

7) When I feel overwhelmed, I assess the situation, make changes in my life and/or ask for help.

Mentally and emotionally healthy people do feel overwhelmed but then what they will do is step back from a situation, try to pinpoint why they feel so overwhelmed and then take steps to fix it. They don't wallow in a continuous state of overwhelm with no end in sight.

8) When you want to make a life change, you come up with a million reasons why you can't or shouldn't.

Making excuses as to why your life can't change or why nothing will work for you is a sign that a new way of thinking is in order. If you always come up with reasons as to why you can't make changes in your life then you always shortchange yourself and your potential. You definitely can make life changes, it's just that it's hard.

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9) When you try something new and it fails the first time, you give up because you've clearly demonstrated that the idea won't work.

If you answered true to this one then let me encourage you. Most things that you try the first time are unsuccessful. If you only knew how many failed blogs I've had over the years, you'd be shocked. If you knew how many times Thomas Edison "failed" at inventing new things, you'd be amazed. Things don't usually happen exactly as we want the very first time. This is life and it's okay. Keep trying to accomplish the same goal in new and different ways until you succeed.

10) When you're unsatisfied with an area of your life, you take risks in order to change it.

Emotionally and mentally healthy people know you have to take risks sometimes in order accomplish your goals or fulfill your purpose in life. They may be afraid to take these risks, mind you. I'm not suggesting that they are never scared about doing something risky. But they are willing to do it anyway in order to go for their dreams or to do God's will. Again, these things are not easy but few things worth having are, as trite as it sounds.