LOOKING AT YOUR SELF-ASSESSMENT RESULTS

Now that you have completed the self-assessments, let's spend a few minutes reviewing your scores. Look at the statements for which you scored 3, 4, 5, and 6. Record them and leave space between each statement to make notes.	

Now, consider the following questions:
Do you have memories of specific experiences or events that go with these statements?
Do you remember how you felt then?
How do you feel now?
Did the statement that resonated with you make you aware of any patterns in your life? Behavioral patterns? Relationship patterns?
Did any of the results surprise you?