



WITHIN REACH SELF EVALUATION - SCORING

Within Reach Self-Evaluation: Where Are You?

For each of the following questions, choose the one that best describes you over the past year, then write the corresponding number in the blank in front of the question.

0 = Never or rarely and doesn't impact my functioning or cause discomfort

1 = Yes, but only infrequently or with just minimal distress or impact on my functioning that only I notice

2 = Yes, occasionally or others notice its impact or distress in me but not having lasting consequences/impact

3 = Yes, and harder to shake it or starting to wear on me

4 = Fairly often or for longer stretches, or moderate distress or impact on my functioning, or ongoing consequences

5 = If one of these fits – Regularly, significantly interferes with my functioning, or causes me lots of distress

- ___ 1. Do you struggle to have an accurate perspective of yourself?
- ___ 2. Do you struggle to have an accurate perspective of your situations?
- ___ 3. Do you struggle with sadness, apathy, or despair?
- ___ 4. Do you have low motivation?
- ___ 5. Do you struggle to make meaningful relationships?
- ___ 6. Do you worry or have difficulty with change?
- ___ 7. Do your emotions often cause trouble for you or others?
- ___ 8. Do you have habits, behaviors, or patterns that interfere with your functioning?
- ___ 9. Do you have habits, behaviors, or patterns others want you to quit?
- ___ 10. Do you have physical problems that worsen with stress or are difficult to diagnose?
- ___ 11. Are you struggling to connect with God?
- ___ 12. Do you have a negative or lukewarm view of God?
- ___ 13. Do you struggle applying the Bible to your daily life situations and decisions?
- ___ 14. Do you dislike who you are?
- ___ 15. Do you think your life has little or no purpose, significance, or meaning?
- ___ 16. Do you struggle to forgive others or do you hold grudges?
- ___ 17. Do you struggle to forgive yourself or beat yourself up over past mistakes, wounds, traumas?
- ___ 18. Do you have trouble being assertive without being aggressive?
- ___ 19. Do you struggle with conflict?
- ___ 20. Do you want more out of life?
- ___ 21. Do you think you aren't achieving your potential?
- ___ 22. Do you feel lost on your life journey?
- ___ 23. Are you unsatisfied with your life journey?
- ___ 24. Are you unsure of the destination or goal of your life journey?
- ___ 25. Are you lonely on your journey?
- ___ 26. Are you not sure why you are on your journey?
- ___ 27. Do you want a companion on your journey?
- ___ 28. Do you feel bogged down in this present stage of your journey?
- ___ 29. Do you feel trapped and unable to change your course or patterns?

- ___ 30. Do you believe you are not free to be who God made you to be?
- ___ 31. Do you feel unlovable?
- ___ 32. Do you struggle loving others?
- ___ 33. Do you struggle to feel emotionally or psychologically safe?
- ___ 34. Are you struggling to find meaning or calling to your life?
- ___ 35. Are you struggling to find a purpose to your life?
- ___ 36. Do you often think you have no special skills, gifts, or talents?
- ___ 37. Do you think God has more important things than helping you, or that He has forgotten you?
- ___ 38. Is the life you desire hard to reach?
- ___ 39. Is the life you desire Within Reach but you don't know how to grab it?

Add up all your scores:

- 0 – 10: Normal Range, No significant issues
 - 11 – 30: Some struggle areas percolating
 - 31 – 60: Mild - Impact in daily activities, thus needing a lot more intentionality and action plan
 - 61 – 100: Moderate - Significant impact or distress and should be evaluated by professional or pastoral coach
 - 101 – 130: Serious – Needs to speak to professional
 - 131 – 195: Severe - Needs to speak to professional
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 - If you gave any item 3 or greater, press into those more with some intentional Bible and psychological study
 - If any item given a 4 or 5, speaking to a professional about those issues and their impact is highly recommended.
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