

# Singles Well-Being Assessment

In this assessment answer the questions in reference to your current or more recent role as a single. Be as accurate as possible and do not look at the key until this assessment is completed.

1. T/F. I have good relationships with people
- 2 T/F. I give and take with my friends
- 3 T/F. I feel comfortable in my status as single
- 4 T/F. When I feel pressured by family or friends to marry, I deal with it well
- 5 T/F. Overall, I have a balance in my life
- 6 T/F. My career is going where I want it to go
- 7 T/F. I get adequate exercise
- 8 T/F. I am of worth just as I am
- 9 T/F. My loneliness never overwhelms me
- 10 T/F. I have little anxiety about my future
- 11 T/F. I have a life plan and follow it
- 12 T/F. I enjoy my life
- 13 T/F. I am not afraid of taking appropriate risks
- 14 T/F. I enjoy my freedom of spontaneity
- 15 T/F. I have balance in my sex life
- 16 T/F. I am self-sufficient
- 17 T/F. I would not change things in my life right now
- 18 T/F. I enjoy the children of my friends and family
- 19 T/F. I am becoming my full self
- 20 T/F. If I wanted to marry then I would
- 21 T/F. I often help out family and friends when they need it
- 22 T/F. I'd like to make more money
- 23 T/F. I feel as though I fit in most of the time
- 24 T/F. I often go out
- 25 T/F. I get plenty of sleep
- 26 T/F. I feel that my emotional intimacy needs are being met
- 27 T/F. Society is more accepting of singles today
- 28 T/F. I get along well with my friends who have married
- 29 T/F. Life really is fun
- 30 T/F. My educational needs are met

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**Key:1-30 are T=true. Your Score\_\_\_\_\_.** This assessment is biased toward healthy balance in your life as a single. Look at any F=false answers you made and consider the relevance of this issue to your overall health and well-being as an individual.

Which of these issues above are the most critical to you at this point in your life?

Which of these issues above have little or no relevance in your life at this time?

Which of these issues above need to be dealt with in society at large?

Identify areas of improvement and set some goals.