

**COULD YOU BENEFIT FROM
COACHING?**

TAKE THIS

COACHING QUESTIONNAIRE



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LIFE COACHING QUESTIONNAIRE

MINDFULNESS - The art of living in the moment is more than just a way to enhance enjoyment, although it does do that. Mindfulness is also a state of being which decreases worry, improves concentration, and increases your ability to learn. In addition, it magnifies your capacities for listening, for filtering essential from nonessential information, and for speaking clearly and concisely. And through the focus that mindfulness gives you, you truly create time!

Mindfulness Assessment

If you answer "Yes" to 3 or more of the questions below, OR if you have a strong "Yes, that describes me perfectly!" reaction to even one or two questions, you will benefit from coaching in Mindfulness.

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| 1. Do you often dwell on the past? | YES___ NO___ |
| 2. Do you frequently find yourself "one step ahead," losing focus on the present? For example, thinking about what you need to do after lunch rather than enjoying lunch. Or worrying about paying for your children's' college instead of focusing on what their needs are now. | YES___ NO___ |
| 3. Do you spend a good deal of time and energy caught up in worrying and over-concern with "what ifs"? ("What if they don't like me?" "What if I fail?") | YES___ NO___ |
| 4. Do people around you, especially intimates, tell you that you are inattentive, distant, or preoccupied? | YES___ NO___ |
| 5. Do you find yourself accident-prone, scattered and absent-minded? | YES___ NO___ |
| 6. Are you frequently so concerned with details that you lose sight of the larger picture or goal? | YES___ NO___ |
| 7. Do you catch yourself sometimes doing several things at once? | YES___ NO___ |
| 8. Would you welcome a sharpened awareness of what's happening around you, and a greater self-awareness of your thoughts, feelings and physical state? | YES___ NO___ |

STRESS - Stress is more than just a popular “catch all” for feelings of being overwhelmed. Stress is a real and measurable quality which is threatening to health and to life itself when it gets out of control. Fortunately, there are solutions.

Stress Assessment

If you answer "Yes" to 3 or more of the questions below, OR if you have a strong "Yes, that describes me perfectly!" reaction to even one or two questions, you will benefit from coaching in stress management.

1. Do you wish you could better maintain your concentration, memory and efficiency at tasks even when you are stressed? YES___ NO___
2. Do you often find yourself in situations where there is little predictability or control you can exert? YES___ NO___
3. Do you often wake up dreading the day, feeling unprepared, or sensing that you will not be able to handle what is expected of you? YES___ NO___
4. Has your health suffered in stress-connected ways, for example, with minor but chronic or persistent colds, disrupted sleep, or digestive problems? Have you had a major health breakdown (such as heart attack, ulcer or radical changes in weight)? YES___ NO___
5. Do you engage in “nervous habits” such as nail biting, picking at your fingers, chewing the inside of your mouth, or fidgeting? YES___ NO___
6. Do you feel irritable much of the time? YES___ NO___
7. Do people tell you that you need to slow down, take it easier, or “stop and smell the roses (or coffee)”? YES___ NO___
8. Would you welcome a generally calmer, less chaotic life? YES___ NO___

LIFE PATTERNS – Often people find themselves in self-defeating, repetitive patterns involving dissatisfying relationships, failure to reach potentials in job or career, or fears that hinder the ability to function and perform optimally.

Life Patterns Assessment

If you answer "Yes" to 4 or more of the questions below, OR if you have a strong "Yes, that describes me perfectly!" reaction to even one or two questions, you will benefit from coaching in how to break destructive Life Patterns and replace them with positive ones.

1. Do you feel you can never get quite enough stability, nurturance, understanding, acceptance, respect or love? YES___ NO___
2. Do you often question your ability to function independently and perform successfully without a *great deal* of help from others? YES___ NO___
3. Do you sometimes get direct messages or hints from others that they see you as controlling, self-centered or irresponsible? YES___ NO___
4. Do you find it difficult to work cooperatively with others? YES___ NO___
5. Do you have trouble making and keeping commitments and setting realistic goals, in your personal, relationship or career life? For example, do you start but not finish projects, make promises you do not keep, underachieve relative to your ability or set impossibly high goals? YES___ NO___
6. Do you often find yourself sacrificing your own needs or inclinations in order to please others? YES___ NO___
7. When you set out to satisfy your own desires and needs, do you sometimes feel guilty or fearful of others' reactions? YES___ NO___
8. Do you often hold back on expressing your feelings and opinions? YES___ NO___
9. Would you welcome being free from the sense that your life is a "revolving door," a series of repetitions of negative, self-defeating patterns? YES___ NO___

HEALTH – The state of our health impacts virtually all other emotional and mental aspects of our lives, and vice versa. Whether the changes you seek are related to eating, tobacco use, a sedentary lifestyle, absence of exercise, poor sleep habits or other concerns, the following questions are relevant to your health self-assessment.

Health Assessment

If you answer “Yes” to three or more of the questions below, OR if you have a strong “Yes, that describes me perfectly” reaction to even one or two questions, you will benefit from coaching in Health Habits.

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| 1. Are you often aware of a vague sense of physical ill-being? | YES___ NO___ |
| 2. Are you sick more frequently than most people your age, or more frequently than you used to be earlier in your life? | YES___ NO___ |
| 3. Do you constantly seem to be searching for the motivation to “get going” or to persist with such self-care improvements as regular exercise, better sleep, or healthier eating? | YES___ NO___ |
| 4. Do you often overreach in setting health-related goals (for example, resolving to work out seven days a week, and then quitting entirely when this unrealistic goal is not met)? | YES___ NO___ |
| 5. Do you want once and for all to quit a chronic, health-destroying habit pattern (smoking, high-fat or high-sugar eating, etc.)? | YES___ NO___ |
| 6. Are there one or more health-related changes you wish you could make, but which seem “just impossible” for you to achieve? | YES___ NO___ |
| 7. Do you have an awareness or sense that your psychological well-being is adversely affecting your health OR does the reverse seem true, that the condition of your health is taking its toll on your psychological well-being? | YES___ NO___ |
| 8. Does the prospect of putting good health patterns in place for the rest of your life seem like one of the best things you could do for yourself? | YES___ NO___ |

LIFE ATTITUDES – Believing in abundance, living by the Four C’s of Challenge, Control, Commitment and Clarity, creating positive energy, seeing life as process, not product: All of these and more are keys to buffering ourselves from stress, maintaining high motivational levels, coping with adversity, and promoting peak performance. Check out the OPTIMISM section below, also.

Life Attitudes Assessment

If you answer “Yes” to four or more of the questions below, OR if you have a strong “Yes, that describes me perfectly” reaction to even one or two questions, you will benefit from coaching in acquiring positive Life Attitudes.

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| 1. Do you often feel plagued by worry or by a sense of being victimized? | YES___ NO___ |
| 2. Are you sometimes aware of feeling that “life resources” (of all kinds, from material objects to love) are in short supply? | YES___ NO___ |
| 3. Does it seem sometimes that you are your own harshest critic, your own worst enemy? | YES___ NO___ |
| 4. Do you seem to lack a vision or belief system that can carry you through stressful or difficult times? | YES___ NO___ |
| 5. Do you tend to focus a lot on the negative aspects of most situations? | |
| 6. Do you keep thinking, “If I could only get to a certain point (earn a lot of money, find the right partner, win that promotion), I’d be happy”? | YES___ NO___ |
| 7. Do life and people often disappoint you? Does it often feel like “things just should be different than what they are”? | YES___ NO___ |
| 8. Do you frequently find yourself distrusting people or thinking they have hostile motives? | YES___ NO___ |
| 9. Would you like to be a person who has a deep steady sense of who you are, so that you can flow comfortably with life on its own terms? | YES___ NO___ |

OPTIMISM – Maintaining an optimistic, looking-forward-to-life outlook is a special form of LIFE ATTITUDE. Research shows that optimism is the “Master Life Attitude,” a key not only to stress management, motivation and peak performance, but a key *especially* to rebounding from adversity, preventing depression and anxiety disorders, promoting wellness, recovering from illness, and “keeping the faith” through difficult times in relationships.

Optimism Assessment

If you answer “Yes” to three or more of the questions below, OR if you have a strong “Yes, that describes me perfectly” reaction to even one or two questions, you will benefit from coaching in Optimism.

1. Do you often feel that bad things are more likely to happen to you than are good things? YES___ NO___
2. Do you see your future being worse than your present, or do you feel that a bad present will probably get no better? YES___ NO___
3. When some misfortune happens to you, or you do something poorly, are you likely to think the misfortune or poor performance is mostly about you, “your fault”? YES___ NO___
4. When some misfortune happens to you, or you do something poorly, do you find yourself making global negative statements, such as “All those people are stubborn, stupid, unfair, worthless, etc...,” or “There is a black cloud over me,” or “I (or we or they) just don’t have enough talent or ambition”? YES___ NO___
5. When some misfortune happens to you, or you do something poorly, do you find yourself unable to compartmentalize the negative feelings so that they seep into other aspects of your life? YES___ NO___
6. When some misfortune happens to you, or you do something poorly, do you find yourself saying that the negative event or performance is due to some permanent factor, something that “always has been” or “always will be”? YES___ NO___
7. Are you more likely to see the problems and weaknesses in yourself or others than you are to see the strengths? YES___ NO___
8. Do people who are very honest with you and care deeply about you tell you that you have a lot of negative view points, or that you are a “downer”? YES___ NO___

COMMUNICATION – Effective communication and conflict management skills separate good from poor managers, happy from unhappy marriages and functional from dysfunctional groups (both families and work groups). Especially the skills of empathy and reflective listening are keys to communication that really works. Furthermore, empathic, truly human listening and relating to others pave the way to greater cooperation and productivity. See also Assertiveness and Anger Management, below.

Communication Assessment

If you answer “Yes” to four or more of the questions below, OR if you have a strong “Yes, that describes me perfectly” reaction to even one or two questions, you will benefit from coaching in Communication.

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| 1. Do you get into arguments more than you would like? | YES___ NO___ |
| 2. When you are criticized, do you tend to have hurt or angry feelings that you act out or have trouble letting go of? | YES___ NO___ |
| 3. Do you often find yourself lecturing people? | YES___ NO___ |
| 4. Do you talk to or “at” people much more than you listen? | YES___ NO___ |
| 5. Do intimates, or others who are honest with you, tell you that you don’t listen well, or that you say hurtful things when you speak? | YES___ NO___ |
| 6. Do you often feel that the real meaning of what you are trying to say is not being understood? | YES___ NO___ |
| 7. Do you avoid conflicts because you feel uncomfortable, fearful or helpless in conflict situations? | YES___ NO___ |
| 8. Do you often feel your attempts to help others with disputes are unsuccessful? | YES___ NO___ |
| 9. Does it bother you that people cannot just “get along” better? | YES___ NO___ |
| 10. Would you enjoy becoming more talented at mixing listening, speaking, humor, compromise and assertiveness in dealing with others? | YES___ NO___ |

ASSERTIVENESS AND ANGER MANAGEMENT – People need skills in speaking up for themselves while respecting the views, feelings and rights of others. They also need to manage anger, not just suppress it or express it impulsively. Without these skills, effective communication and conflict management are stifled by uncommunicated ideas and anger expressed openly or passively.

Assertiveness and Anger Management Assessment

If you answer “Yes” to four or more of the questions below, OR if you have a strong “Yes, that describes me perfectly” reaction to even one or two questions, you will benefit from coaching in Assertiveness and Anger Management.

1. Do you often feel that expressing your thoughts and feelings openly would be “mean” or “impolite?” YES___ NO___
2. Do you hold the attitude that you have a right to express yourself (including your anger) almost any time or in any way you wish? YES___ NO___
3. Do you often feel you have something to say, but don’t say it because you can’t find the words or think you will express it poorly? YES___ NO___
4. Have people who are honest with you and care about you told you that you are either too unexpressive or too angry and hot-tempered? YES___ NO___
5. Do you have a pattern of holding feelings and opinions in a long time, then having a “blow-up?” YES___ NO___
6. Do you at times excuse anger outbursts by saying “It’s a natural reaction,” “I had no choice” or that someone “made me lose my temper?” YES___ NO___
7. Do you hold an attitude that expressing complaints or issues politely and respectfully, without anger, is “wimpy” or will not be heard? YES___ NO___
8. Do you see yourself, or have you been described by others, as “almost always avoiding conflict?” YES___ NO___
9. Are there certain people in your life who you feel control, manipulate, intimidate or “guilt” you a lot? YES___ NO___
10. Are you concerned that if you start expressing yourself you will lose control or will be disliked? YES___ NO___

SUPPORT SYSTEMS – The difference between the motivated and the demoralized, between the stress survivor and the stress victim, is often the availability and use of support systems.

Support Systems Assessment

If you answer “Yes” to three or more of the questions below, OR if you have a strong “Yes, that describes me perfectly” reaction to even one or two questions, you will benefit from coaching in Support Systems.

1. Have you sometimes been skeptical or critical of the idea that people need support systems? YES___ NO___
2. Have you sought to create a support network around you but still feel isolated? YES___ NO___
3. Do you feel you lack self-support; feeling especially lost when there are no other people around to provide support? YES___ NO___
4. Do you often feel guilty about asking for support, or as if you would be a burden on others if you did ask? YES___ NO___
5. Do you worry or believe that people will reject or pull away from you if you “lean on them”? YES___ NO___
6. Are you in a pattern of taking care of others at the expense of taking care of yourself? YES___ NO___
7. Do you sometimes feel it is weak to need help from others? YES___ NO___
8. Do you see the value in having a support system which balances reliance on others and reliance on inner resources, but haven’t yet succeeded in creating such a system? YES___ NO___

CHANGE – Some people go through changes “holding their breath,” clinging desperately to the belief that once they “get this over with,” things will be okay again. Or, some approach change grudgingly, as a necessary chore, the “dues they have to pay,” to reach a goal. But either of these approaches is like riding as a blindfolded passenger to the Grand Canyon. Seeing, learning and experiencing nothing until the destination is reached.

Change Assessment

If you answer “Yes” to four or more of the questions below, OR if you have a strong “Yes, that describes me perfectly” reaction to even one or two questions, you will benefit from coaching in Change.

1. Have you ever wondered how some people seem to take change so easily in their stride? YES___ NO___
2. Do you often feel a sinking feeling or begin to worry when it becomes clear a change is about to occur? YES___ NO___
3. Does any change feel threatening to you if you do not have virtually complete control over it? YES___ NO___
4. Does it seem sometimes you are just “hanging on for dear life,” hoping to survive, as change swirls around you? YES___ NO___
5. Have you noticed a pattern in yourself of undermining your own attempts to change? YES___ NO___
6. Do you sometimes wish that things would “just stay the same for a while”? YES___ NO___
7. Do you become more irritable, controlling, or angry in times of change? YES___ NO___
8. Do your relationships with others become strained when things are in a state of flux? YES___ NO___
9. Would you like to be a person who sees and enjoys the opportunities and challenges in times of change? YES___ NO___

RELATIONSHIPS – We all have relationships, but some are more productive than others. There are methods of maximizing relationships. Sometimes relation-*SHIPS* get holes in them that cause them to sink.

Relationship Assessment

If you answer “Yes” to three or more of the questions below, OR if you have a strong “Yes, that describes me perfectly” reaction to even one or two questions, you will benefit from coaching in Relationships. When answering these questions, think about **one relationship at a time**. The term “partner” in these questions refers to the other person or persons in the relationship you are answering questions about. If you have more than one relationship that you believe may have issues, repeat the questions for each.

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| 1. Do you often feel unhappy or dissatisfied in this relationship? | YES___ NO___ |
| 2. Do you often find you or your partner avoid talking about anything that might create conflict? | YES___ NO___ |
| 3. When you and your partner get into conflict, does the conflict usually fail to be resolved or to lead to anything productive? | YES___ NO___ |
| 4. Do you and/or your partner often hurt the other person’s feelings? | YES___ NO___ |
| 5. Does it seem as if the power in your relationship is lopsided? | YES___ NO___ |
| 6. Is there an uncomfortable imbalance in talking and listening time in this relationship? | YES___ NO___ |
| 7. Is there a lack of trust in this relationship? | YES___ NO___ |
| 8. Does a feeling of shame or threat keep you from sharing what you need to share in this relationship? | YES___ NO___ |
| 9. Is this relationship characterized by the idea, “Everyone talks, but nobody listens”? | YES___ NO___ |
| 10. Would you like to feel more comfortable, skilled or satisfied in this relationship? | YES___ NO___ |

