



Journey To Real Vision

BELIEF STATEMENT QUIZ

Use this quiz to understand how you deal with your emotions. Using the scale below, rate the response that best represents your relationship with the statements:

3 = Agree

2=Maybe

1=Disagree

- I try to get over my negative feelings as soon as possible
- I am not experiencing any health issues due to the negative emotions I have experienced
- I share my feelings with others
- I do not feel depressed when I think of my life
- I do not get stressed out easily
- I do not get angry or frustrated often
- I am able to move forward quickly from a negative experience
- I love everything about myself
- I can be considered a very patient person
- I can easily control my emotions

SCORE:

21-30 You are truly a master at dealing with your emotions! Do you feel you were honest in your answers? Take a closer look and make sure you answered them honestly. There are no wrong answers – these are meant to help you self-discover.

11-20 This is the area where most people should fall into. You know you have some emotional issues. Please continue working on them through the courses available. Take small steps.

1-10 You are likely finding it hard to deal with your emotions. You could benefit from coaching.