

# What is Your Social Wellness?

*Are your relationships satisfying? How are you at developing and nourishing your relationships?*

Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

\_\_\_\_\_ 1. I contribute time and/or money to social and community projects.

\_\_\_\_\_ 2. I am committed to a lifetime of volunteerism.

\_\_\_\_\_ 3. I have a network of close friends and/or family.

\_\_\_\_\_ 4. I am able to balance my own needs with the needs of others.

\_\_\_\_\_ 5. I try to abide by the laws and rules of our society.

\_\_\_\_\_ 6. I am a compassionate person and try to help others when I can.

\_\_\_\_\_ 7. I support and help with family, neighborhood, and work or social gatherings.

\_\_\_\_\_ 8. I enjoy time I spend with others.

\_\_\_\_\_ **Total for Social Wellness**

SCORE	MEANING
12 to 16 Points	Excellent strength in this dimension.