



In this section, you will reflect on how you meet life's emotional demands and how your presence affects those around you. You will first evaluate your current ability to respond consciously and maturely, then look more closely at the reactions that may still arise in you unconsciously. ● For each statement, check **"Yes"** if it describes your usual behavior, **"No"** if it rarely or never does, or **"Needs Attention"** if you wish to improve.

Acceptance and Honesty

- I am honest with myself about my feelings, even when they are difficult to face.
- I express my feelings clearly and kindly, without suppressing or overreacting.
- I recognize my shortcomings as opportunities to improve myself.
- I feel at peace with what life brings.

Yes No Needs Attention

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Harmony in Relationships

- I am willing to consider different points of view without prejudice.
- I refrain from judging others for their ideas or behavior.
- I let go of resentment and forgive when hurt.
- I offer my time and support generously when others need help.
- I can be relied upon to follow through on my commitments.
- I stay loyal and supportive in my relationships, especially when love or harmony is tested.

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Emotional Steadiness and Resilience

- I maintain a calm state of mind even in stressful circumstances.
- I approach life with optimism, even in uncertain times.
- I recover quickly from emotional upsets.
- I find the inner strength to keep going when faced with setbacks.

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