

Emotional Wellness Quiz

Quiz

Our Emotional Wellness describes how well we recognize, accept, and manage our feelings every day, as well as through change and challenging times.

Gauging your Emotional Wellness may help you work on improving it. By practicing a more emotionally healthy lifestyle, you can better cope when adversity strikes, and experience positive feelings more frequently.

Use this short quiz to assess your Emotional Wellness so that you can consider enhancing your Emotional Wellness IQ.

Instructions

This quiz lists sixteen positive or negative feelings.

Give each group member their own private scoresheet, and work through the list.

For each feeling, consider your activities and experiences over the past month, then write how much you have felt each using a number from 1-5.

For each item, use the following scale.

1. *Never or very infrequently*
2. *Infrequently*
3. *Some of the time*
4. *Frequently*
5. *Very frequently or all the time*

When you've calculated your Emotional Wellness total in Part 2, work together through the debriefing questions provided in Part 3.

Part 1: Emotional Wellness Quiz

Positive and Negative Feelings List

	Feeling	Your Score
1	Contented	
2	Unpleasant	
3	Afraid	
4	Loving	
5	Joyful	
6	Depressed	
7	Angry	
8	Good	
9	Interested	
10	Positive	
11	Sad	
12	Pleasant	
13	Negative	
14	Happy	
15	Bad	
16	Stressed	

Part 2: Emotional Wellness Total

Scoring

Positive feelings:

Total your responses for feelings 1, 4, 5, 8, 9, 10, 12, and 14:

Negative feelings:

Total your responses for feelings 2, 3, 6, 7, 11, 13, 15, and 16:

Emotional Wellness Total

Calculate the difference between the two by subtracting your negative feelings score from your positive feelings score:

Emotional Wellness Total	Interpretation
32 to 24	Very positive
23 to 16	Positive
15 to 5	Somewhat positive
4 to -3	Neutral
-4 to -12	Somewhat negative
-13 to -23	Negative
-24 to -32	Very negative

Part 3: Debrief

In your group, discuss and try to answer the following questions.

- Are you surprised by any of your responses?
- Which particular feelings stand out, if any?
- Are there any pleasant emotions that you experience less frequently than you thought?
- Do you feel any negative feelings more than you had realized?
- What could you do to experience them less often?
- Can you think of any specific steps you might take to do so?

Adapted from:

- Diener, E., & Biswas-Diener, R. (2008). *Happiness: Unlocking the mysteries of psychological wealth*. NY: Wiley-Blackwell.