

# Are You in Shape to be a Therapist?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. To what extent do you understand your family background and family processes with a particular eye to identifying anxiety producing events and relationships?

Very good understanding

Poor understanding

3.....2.....1

2. To what extent do you have a clear understanding of your internal level of emotional reactivity, particularly moments when your intellect is flooded with emotion and you respond to situations not from reason, but from emotions such as anger, fear, and impatience?

Very good understanding

Poor understanding

3.....2.....1

3. To what extent do you blame others for your predicaments and problems, assigning to them a degree of responsibility for your happiness and welfare?

I do not blame others

I frequently blame others

3.....2.....1

4. To what extent have you eliminated or minimized your personal use of alcohol, caffeine, and/or other drugs (except prescription medications given by a licensed physician or psychiatrist)?

Little or no alcohol, caffeine, and/or other drugs

Frequent use

3.....2.....1

5. To what extent do you eat well each day including significant amounts of water, protein, whole grains, fruits and vegetables, etc.?

Eat well

Eat poorly

3.....2.....1

6. To what extent do you sleep well, getting deep and nourishing sleep during the night on a regular basis (most adults require 7-8 hours of restful sleep per night)?

Sleep well

Sleep poorly

3.....2.....1

7. To what extent do you exercise regularly, preferably using forms of exercise that offer a long, slow, and sustained workout such as cycling, jogging, swimming, and/or vigorous walking?

Exercise frequently

Exercise rarely or not at all

3.....2.....1

8. To what extent do you regularly meditate and/or pray in a quiet place?

Meditate and/or pray frequently

Meditate and/or pray rarely or not at all

3.....2.....1

9. To what extent do you think about others and help them meet their goals and needs (otherness). In other words, to what extent do you take the focus off yourself and put yourself in a position to consider and actively serve others?

Otherness

Selfishness

3.....2.....1

10. To what extent have you "developed the courage to be imperfect?"

I have the courage to be imperfect

I do not have not courage to be imperfect

3.....2.....1

R. Ballou