



THIS IS YOUR LIFE

Take a few minutes to think about the items below. This brief exercise is designed to help you take stock of your lifestyle. It isn't meant to pigeonhole you into a narrow category, but rather to encourage you to think about yourself and your lifestyle. For each of the statements in the left-hand column, think about the extent to which you AGREE or DISAGREE that the statement accurately describes you.

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| 1. As an adult I feel like I have moved my home too many times. | AGREE | DISAGREE |
| 2. Other than those at work, it is hard for me to think of at least two other people to whom I am accountable. | AGREE | DISAGREE |
| 3. I tend to be highly self-reliant. | AGREE | DISAGREE |
| 4. Usually I commute to work alone. | AGREE | DISAGREE |
| 5. I often feel nagging stress. | AGREE | DISAGREE |
| 6. I often feel a sense of dread. | AGREE | DISAGREE |
| 7. I often feel anxious. | AGREE | DISAGREE |
| 8. I often feel depressed. | AGREE | DISAGREE |
| 9. I have contemplated suicide. | AGREE | DISAGREE |
| 10. I am reluctant to share my worries with others. | AGREE | DISAGREE |
| 11. There are few people in my life whom I trust. | AGREE | DISAGREE |
| 12. Other than my spouse/partner or children, few people seem to offer me personal affirmation. | AGREE | DISAGREE |
| 13. Other than my spouse/partner or children, few people offer me honest correction. | AGREE | DISAGREE |

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| 14. I would say that I am not really emotionally close with people other than my spouse/partner and children. | AGREE | DISAGREE |
| 15. I expend much of my energy in pursuit of career achievement and earning money. | AGREE | DISAGREE |
| 16. I find my greatest satisfaction in my material possessions (home, car, etc.). | AGREE | DISAGREE |
| 17. In a typical month, no one besides family members visits inside my home. | AGREE | DISAGREE |
| 18. Wherever I have lived, I would usually have trouble identifying the last names of my next-door neighbours. | AGREE | DISAGREE |
| 19. Typically, outside of my workplace, I do not belong to a group that meets at least twice each month. | AGREE | DISAGREE |
| 20. Most of the time, once evening comes, I am too tired to think about getting together with other people and I would rather just “crash” in the comfort of my own home. | AGREE | DISAGREE |

When you are finished, take a tally of how many statements you agreed with. If you agreed with 10 or more of the statements, we think you probably tend toward a lifestyle that is isolated and may need to think about its effects on your mood and happiness. If the exercise indicates that you are very isolated, don't be alarmed. While you may be too alone and independent, you are typical. And, let's face it—you're functioning.

Credit: Dr. Will Miller Dr. Glenn Sparks refrigerator rights