

## What's Eating You?

### Segment 4

Do not look at your answers from week one before re-taking this personal scale.

1 to 5 Personal Scale (1 is low or bad and 5 is high or good)

This past week, rate the following areas: If the area doesn't apply to your circumstances, leave blank.

1. How am I doing physically? 1   2   3   4   5
2. How am I doing emotionally? 1   2   3   4   5
3. How am I doing spiritually? 1   2   3   4   5
4. How am I doing in my Code Red Lifestyle? 1   2   3   4   5
5. How am I doing in my relationship with my significant other?  
1   2   3   4   5
6. How am I doing as a friend? 1   2   3   4   5
7. How am I doing as a parent? 1   2   3   4   5
8. How am I doing as a son or daughter? 1   2   3   4   5
9. How am I doing as a sibling? 1   2   3   4   5
10. How am I doing romantically? 1   2   3   4   5
11. How am I doing sexually? 1   2   3   4   5
12. How am I doing as a neighbor? 1   2   3   4   5
13. How am I doing financially? 1   2   3   4   5
14. How am I doing as an employee? 1   2   3   4   5
15. In general, How would I rate my life happiness? 1   2   3   4   5