Foundations of Well-Being

Quizzes: What’s Your Aptitude for Acceptance?

How accepting are you . . . of the world and of yourself?

You can explore this by reflecting on and answering the questions below.

For each question, try to find a response in one of these five categories:

1 - strongly disagree      |     2 - disagree      |     3 - neither agree nor disagree      |     4 - agree      |     5 - strongly agree

A person's responses to questions like these are often more complex and nuanced than a single number can indicate. But for scoring purposes, for each question please choose the number above that is most accurate (or least inaccurate!).

QUESTIONS

_____ I am open to new information and experiences; I’m curious about both the world and myself.

_____ I am aware of and realistic about my health, finances, and relationships with others.

_____ If I don’t like something out there in the world, I still accept that it is true – that it is the way it is.

_____ I am aware of my thoughts, feelings, desires, and parts of myself – including the ones I don’t like.

_____ I am in touch with the softer, more vulnerable parts of myself.

_____ If I don’t like something about myself, I still accept that it is true.

_____ I have a clear sense of what it is like both to accept something and to do what I can to make it better.

_____ When I am in physical or emotional pain, I open to it instead of pushing it away.

_____ Even if it hurts, I can accept that certain things are true – including about myself and others.

_____ I can feel my feelings without trying to fix or change them.

SCORING

Your responses to particular questions can be taken at face value, in their own right, as opportunities for seeing useful things about yourself, for investigating further – perhaps talking about them with others – and for identifying inner resources that would be good to develop further in yourself.

Additionally, it can be helpful to get an overall sense of where you stand. Add up your responses to each question to get your total score. See where your score fits in just below; please hold these descriptions lightly, but in a general sense it could well be true that:

40 - 50 You have a generally accurate and clear sense of what is true about the world and yourself. You’re not in denial about your health, finances, or relationships with others. You are internally open, aware of the many parts of yourself. You are in touch with your deep needs and longings, and not embarrassed about or ashamed of them. You see the ways in which your thoughts, feelings, and desires are normal (like those of other people), even if you wish they were different.

21 - 39 You have a pretty clear understanding of the major external factors in your life (e.g., health, finances, relationships), though there could be some opportunities for even more realism and clarity. The same goes with awareness of your internal world: you may not be actively suppressing aspects of your experience, but you could probably be more active in exploring your thoughts, feelings, and desires, and the deeper workings of your psyche. In terms of acceptance, see if you are pushing away or fighting the way it is in your outer or inner worlds (knowing that you can accept what is while at the same time doing what you can to change it for the better).

10 - 20 You are not currently very realistic about your inner and outer worlds, or not very accepting of these, or both. Perhaps you are afraid of what you will find if you see the world and yourself clearly, or perhaps afraid of what would happen if you accepted the facts of the ways things are; there may have been a time in your life when these fears were very understandable . . . but these days, such fears may not have much if any real basis, and in any case, you could develop more resources inside yourself that would help you be more able to tolerate and cope with what you find in the world and in yourself.

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