

Self-Care Scale

Please take a few moments to look at the following fifteen items and determine the degree to which you do the following. Put an X where you think you are on the scale.

	Not at all	Just a little	Pretty much	Very much
I keep up my physical appearance (nails, hair, bathing, clean clothes).				
I exercise regularly.				
I eat healthy meals.				
I get restful sleep.				
I go to work/school (or complete tasks).				
I can adapt to change.				
I keep up my living space.				
I take constructive criticism well.				
I can accept praise.				
I laugh at funny things.				
I acknowledge my needs and feelings.				
I engage in new interests.				
I can relax without drugs and alcohol.				
I value myself.				
I live a peaceful and meaningful life.				