



Social wellness involves creating and sustaining healthy, supportive relationships. Wellness in this area means considering how to connect with others and create community.

## Social Wellness Assessment

On a scale of 1 to 10, how much do you AGREE or DISAGREE with these statements?

**1 = Strongly AGREE**      **10 = Strongly DISAGREE**

1. I have a **STRONG SUPPORT NETWORK** of people who understand me.

1  2  3  4  5  6  7  8  9  10

2. I try to maintain **POSITIVE RELATIONSHIPS** with people.

1  2  3  4  5  6  7  8  9  10

3. I **COMMUNICATE WELL** with others and consider myself a **GOOD LISTENER**.

1  2  3  4  5  6  7  8  9  10

4. I try to **CONSIDER THE FEELINGS** of others.

1  2  3  4  5  6  7  8  9  10

5. I can **TAKE RESPONSIBILITY AND APOLOGIZE** if I have affected someone else.

1  2  3  4  5  6  7  8  9  10

6. I choose partners or dates who are **RESPECTFUL OF MY NEEDS**.

1  2  3  4  5  6  7  8  9  10

7. I **ENGAGE WITH MY COMMUNITY** by participating in activities or volunteering.

1  2  3  4  5  6  7  8  9  10

8. There are people in my life that I **TRUST**.

1  2  3  4  5  6  7  8  9  10





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## Showing Up for Your Social Life

What actions would be MOST helpful in improving your relationships? Rank the actions below from 1-10, based on their importance in building stronger, more supportive relationships.

**1 = MOST Important**      **10 = LEAST Important**

- I would like to be a **BETTER LISTENER** to my friends, family or, partner.
- I would like to plan more **ACTIVITIES** to participate in with my friends, family or partner.
- I would like to take more time to **VOLUNTEER** in my community.
- I would like to **MEET NEW PEOPLE**.
- I would like to join a **SUPPORT GROUP** with my peers.
- I would like to have a regularly scheduled **MEETING** with a particular friend.
- I would like to work with a **MENTOR**, professional or personal.
- I would like to get in **LESS ARGUMENTS** with people that I care about.
- I would like to do more **ACTS OF SERVICE** for the people that I care about.
- I would like to **REKINDLE A RELATIONSHIP** with someone I haven't seen in awhile.

## Consider Your Priorities

1. How does the above ranking make you feel about your social skills and priorities?
  
  
  
  
  
  
  
  
  
  
2. What are some steps you might want to take to get better at something identified on the list above?
  
  
  
  
  
  
  
  
  
  
3. What is already going well, based on the list above?







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## JOURNAL PROMPTS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Describe a relationship that is meaningful to you. What does that person do to make you feel valued? What is your communication like? Why is this person important to you?
2. Have you ever had a mentor? What wisdom has that person shared with you that has been useful to you?
3. Do you ever feel that symptoms make you want to be less social? What are some ways you can stay connected to others even if you feel like isolating?
4. Write down some people who have helped you. Why and how did they help? Would you be able to help others in the way that they have supported you?
5. List the top 3 people you spend time with. How do they affect your day to day life?
6. If you didn't have to worry about the opinions of others, how might your life be different?
7. What are some ways you can give back to your community?
8. Is there someone in your life that you would like to do more for? How can you reach out and offer help or support to this person?

*Visit the [DBSA website](https://www.dbsa.org) for strategies and tips for boosting wellness in all 7 areas of the Wellness Wheel.*

[DBSAAlliance.org/WellnessWheel](https://www.dbsa.org/WellnessWheel)

