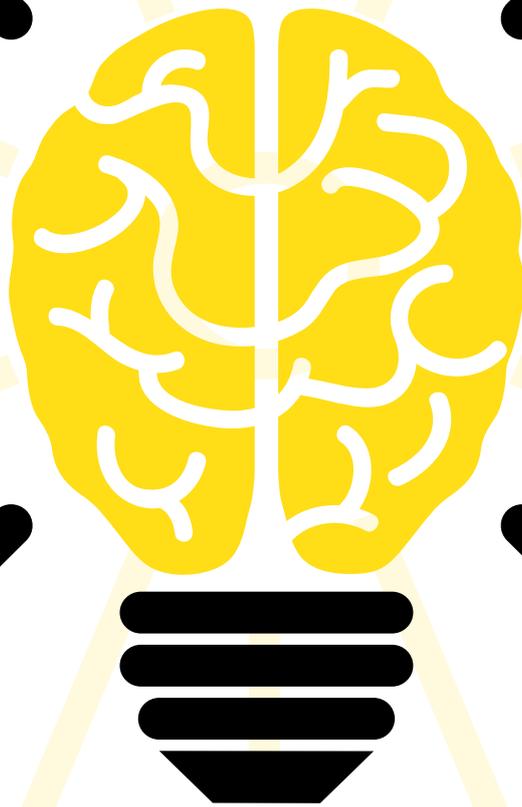


# TAKING YOUR RELATIONAL TEMPERATURE

BASED ON THE BOOK, JOY SWITCH



LEARN MORE AT [THRIVETODAY.ORG](https://thrivetoday.org)

# ABOUT THE ASSESSMENT

This assessment is an opportunity to guesstimate how often you are relationally engaged in a given day. Being relational does not mean how much you interact with people. Rather, it has to do with how often you are in your relational sweet spot with your relational circuits online and working. In this state, your brain is in its optimal working range. You have access to the best of your learned habits and skills. You are primed for joy! When you are relationally offline, you lose all ability to access and use important skills and habits that make relationships work. This is why we want to learn how to use the joy switch to turn on the best of our brain's abilities!

1. Review the statements below to assess how often you see these qualities in yourself in a given day, roughly from the time you wake up in the morning to the time you go to bed at night. **How often are you in relational mode, and how often do you see these qualities in yourself?**

- *Note: This is a rough estimate based on what you determine for each question. The numbers are for your personal assessment to gauge strengths and weaknesses.*

2. When you finish the assessment, **invite someone you know and trust to go through the assessment as well for their personal reflection.** When finished, you and your friend can compare answers and check each other's answers to see if the response matches your personal experience with each other.



# QUALITIES I SEE IN MYSELF WHEN MY RELATIONAL CIRCUIT IS ON AND I FEEL RELATIONAL

Circle which best applies for each question.

100% Always = I can pretty much do this all the time.

75% Most of the time = I don't do this all the time, but more times than not.

50% Half the time = About half of the time I do this.

25% = Sometimes, but not very often.

0% Never = I do not do this. Ever.

## 1. How well I have joy

100% Always    75% Most of the time

50% Half the time    25% Sometimes    0 % Never

### Joy

**ON:** I feel authentically glad to be with the people I normally enjoy. I feel the desire for joyful interaction with a sense of delight and warmth toward others.

**OFF:** I do not feel glad to be with the people I normally enjoy. I feel hurt/frustrated/annoyed by them and wish they would leave me alone.

## 2. My ability to rest

100% Always    75% Most of the time

50% Half the time    25% Sometimes    0 % Never

### Rest

**ON:** I want to and I can quiet my mind and body as needed.

**OFF:** I cannot quiet myself; my mind runs with racing thoughts, my body feels tense and anxious. I find it hard to sit still. I often feel restless/annoyed/distracted/bothered by someone or something.



### 3. How well I appreciate the good stuff

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

#### Appreciation

**ON:** I can think about and feel in my body the good things that make me smile. I enjoy telling others what I feel thankful for. I can easily access special moments that bring me a smile and help me relax.

**OFF:** I do not feel thankful...for anything! My mind is locked onto the things/people/moments that annoy and aggravate me. I cannot find something good to think about from my life and relationships. I feel resentful.

### 4. Compassion for others

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

#### Compassion

**ON:** I feel genuine, loving compassion and care for others. I value what people think and feel. People feel important to me and I am sad when I see someone hurting or upset.

**OFF:** I don't care what people are thinking or feeling. I enjoy seeing people hurt because people deserve what happens to them.



## 5. Tenderness toward weakness

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Weakness

**ON:** When I see weaknesses in other people, I desire to be loving, tender, gentle, patient and protective. I am careful to avoid coming across too harsh or severe with my presence, words and attitude.

**OFF:** I feel annoyed when I encounter weaknesses in myself or others. I feel like people should be pushed harder when they are weak so they will learn. I use my words, demeanor or presence to let people know weakness is not acceptable. I enjoy seeing weak people punished or, at the least, ignored. When I see a weakness or vulnerability, I see an opportunity or I feel aggravation.

## 6. My ability to be helpful

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Helpfulness

**ON:** When I see a need, I want to help. Serving others in some capacity feels satisfying and rewarding. I stay aware of opportunities to assist people, from holding a door for someone to helping a family member or neighbor when they need a hand.

**OFF:** I do not care if people around me need something. I feel people should suck it up and do it themselves, after all, if I want something done, I will do it myself.



## 7. My ability to be flexible

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Flexibility

**ON:** I feel flexible or at least the desire to be. I can adjust my expectations when things do not go my way.

**OFF:** I feel stiff and rigid. I think people should be able to adjust to my needs and plans instead of me adjusting to theirs. I feel frustrated because people are not responding in the way/time frame I expect. Things are not going the way I hoped and I am upset by this.

## 8. My patience

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Patience

**ON:** I desire to and feel patient and accommodating with myself and other people. I am comfortable waiting on others, whether I am in line at the grocery store or stuck in traffic. I don't blame or shame people when things don't go my way.

**OFF:** I feel inflexible, frustrated or agitated. People should just hurry up already!



## 9. My self-control

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Self-Control

**ON:** My cravings are tamed; I can quiet my passions when they arise. I know how to resist temptations, and divert my focus to something else when urges hit. I care about the consequences of giving in to my lusts or cravings.

**OFF:** I give in to my cravings. The tempting thoughts and desires are just too much for me. I have no energy or desire to resist. I want what I want right now and I don't care about the consequences.

## 10. My focus

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Focus

**ON:** I can shift my focus and attention when needed. I can put down my phone or tablet and interact with the people around me. I can turn my attention to positive things when I start to notice negative thoughts start in my mind. I can think about and remember good things that bring me peace and joy.

**OFF:** My attention veers when I try to focus on something. I don't want to, but my focus keeps shifting to other things, usually what annoys, hurts, frightens or angers me.



## 11. Paying attention to my body

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Body

**ON:** I am aware of my body. I notice how my body is doing and I can tend to what my needs are at any given moment. I notice where I am tense or when I need to stretch, relax or catch my breath. My voice is calm and friendly while my face is relaxed.

**OFF:** I don't know what is happening in my body – if I do notice, I don't care.

## 12. My problems

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Problems

**ON:** Problems feel manageable. I feel like I can navigate the hard stuff with some creativity and flexibility.

**OFF:** Problems feel big, uncontrollable and overwhelming. I feel like I am drowning and I just want it all to go away.

## 13. Cooperating with others

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Cooperativeness

**ON:** I easily cooperate with other people. I can work well with people toward a common goal or united purpose. I enjoy being on a team working together.

**OFF:** I feel like people are wasting my time and energy. Others do not know what they are doing. I am resentful trying to work with others right now and would rather be on my own.



## 14. Filtering my words and reactions

100% Always    75% Most of the time  
50% Half the time    25% Sometimes    0 % Never

### Filtering

**ON:** I can think through what I want to say and do, so that I avoid saying something I will later regret.

**OFF:** I do not filter. I am in “Blast-Mode” and people need to know where I stand. I don’t care if I hurt or offend others.

*This is the end of the assessment. Add up your percentages for each question, then divide your number by 14. This will give you an average of how well you feel you stay relational in a given day. Compare how your score fits in the range below.*

# THE RESULTS

**100-75%** I score high on my ability to stay relational on a regular basis. People know me as a relationally-engaged person.

**74-50%** I score moderately well. People know me as a relational person some of the time. With practice, I can increase my ability to stay relational on a more regular basis.

**49-25%** I can use some work learning to stay relational. There are times people see me relational and connected, but much of the time I am offline.

**24-0 %** I need a lot of work learning to stay relational on a regular basis. People rarely see me relational.

*To improve your ability to stay relational, read **The Joy Switch: How Your Brain’s Secret Circuit Affects Your Relationships...And How You Can Activate It.** Invite friends and family members to go through the book with you and practice the exercises together.*

