

Emotional Midget ;) - Checklist

The purpose of this checklist is to help you identify repeating toxic emotional behaviors and to motivate you to do something about them. Nobody acts perfectly and nobody is a completely rational person, but you can definitely always improve yourself towards becoming a more emotionally stable person. Please answer yes or no for the statements below. "Yes" is good and "no" means you have to do something about it. If there are many Nos, prioritize which behavior is the most damaging and toxic for you and the people around you. Then do analysis and research on what you can do about it. You will also find many ideas on www.agileleanlife.com.

1	I trust in myself	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2	I can trust other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3	I have great hopes and am optimistic about my future	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4	I don't just naively trust everybody	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5	I'm not too easily excited	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6	I don't act impulsively and I'm not an extreme optimist	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7	I don't change my mind in a matter of seconds	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8	I'm not too skeptical and suspicions	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9	I'm not a pessimistic type of person	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10	I can see what could go right not only wrong	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11	I don't have (too many) irrational fears and phobias	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12	I can manage my fears with courage and love	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13	I'm not (extremely) shy	<input type="checkbox"/> Yes	<input type="checkbox"/> No
14	I know how to assert my will in a healthy manner	<input type="checkbox"/> Yes	<input type="checkbox"/> No
15	I pay attention to my needs	<input type="checkbox"/> Yes	<input type="checkbox"/> No
16	I'm not easily influenced or controlled by others	<input type="checkbox"/> Yes	<input type="checkbox"/> No
17	I feel I deserve to be connected with other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
18	I have no problem starting a conversation with someone	<input type="checkbox"/> Yes	<input type="checkbox"/> No
19	I have no problem with public speaking	<input type="checkbox"/> Yes	<input type="checkbox"/> No
20	I'm not aggressive or dominate others	<input type="checkbox"/> Yes	<input type="checkbox"/> No
21	I don't do self-castration/sabotage myself when it's time to act	<input type="checkbox"/> Yes	<input type="checkbox"/> No
22	I feel I'm on equal footing with other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
23	I love myself	<input type="checkbox"/> Yes	<input type="checkbox"/> No

24	I don't have any doubts that I can succeed in life	<input type="checkbox"/> Yes	<input type="checkbox"/> No
25	I don't have many irrational arguments with people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
26	I don't verbally abuse other people (yelling, screaming)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
27	I don't make fun of other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
28	I'm not a cynical type of person	<input type="checkbox"/> Yes	<input type="checkbox"/> No
29	I don't post hateful comments (incognito) online	<input type="checkbox"/> Yes	<input type="checkbox"/> No
30	I never have and still don't bully other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
31	I don't let other people to bully me	<input type="checkbox"/> Yes	<input type="checkbox"/> No
32	I have no problem playing games, doing sports and relaxing	<input type="checkbox"/> Yes	<input type="checkbox"/> No
33	I think I'm a creative person with many good ideas	<input type="checkbox"/> Yes	<input type="checkbox"/> No
34	I take initiative and try to motivate other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
35	I'm a decisive type of person	<input type="checkbox"/> Yes	<input type="checkbox"/> No
36	I can easily communicate what I want with others	<input type="checkbox"/> Yes	<input type="checkbox"/> No
37	I have no problems with procrastination	<input type="checkbox"/> Yes	<input type="checkbox"/> No
38	I've developed many of my talents and competences	<input type="checkbox"/> Yes	<input type="checkbox"/> No
39	I'm constantly improving myself	<input type="checkbox"/> Yes	<input type="checkbox"/> No
40	I'm aware of my market value	<input type="checkbox"/> Yes	<input type="checkbox"/> No
41	I have no problem charging for my services	<input type="checkbox"/> Yes	<input type="checkbox"/> No
42	I use dominance only to protect myself	<input type="checkbox"/> Yes	<input type="checkbox"/> No
43	I build my status in the society with prestige	<input type="checkbox"/> Yes	<input type="checkbox"/> No
44	I have a sense of humor in life and tough situations	<input type="checkbox"/> Yes	<input type="checkbox"/> No
45	I do work that I love	<input type="checkbox"/> Yes	<input type="checkbox"/> No
46	I love to collaborate with other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
47	I can compete in a healthy manner	<input type="checkbox"/> Yes	<input type="checkbox"/> No
48	I have no problem being faithful in relationships	<input type="checkbox"/> Yes	<input type="checkbox"/> No
49	I can stay in long-term relationships and commit	<input type="checkbox"/> Yes	<input type="checkbox"/> No
50	I have no negative feelings regarding making love/sex	<input type="checkbox"/> Yes	<input type="checkbox"/> No
51	I don't do and like drama	<input type="checkbox"/> Yes	<input type="checkbox"/> No
52	I'm not passive-aggressive	<input type="checkbox"/> Yes	<input type="checkbox"/> No

53	I have no problem taking care of people I love	<input type="checkbox"/> Yes	<input type="checkbox"/> No
54	I have no problem with other people taking care of me	<input type="checkbox"/> Yes	<input type="checkbox"/> No
55	I have many friends and love to socialize	<input type="checkbox"/> Yes	<input type="checkbox"/> No
56	I'm involved in community activities	<input type="checkbox"/> Yes	<input type="checkbox"/> No
57	I have a strong sense of integrity	<input type="checkbox"/> Yes	<input type="checkbox"/> No
58	I have great self-confidence	<input type="checkbox"/> Yes	<input type="checkbox"/> No
59	I'm not moody very often	<input type="checkbox"/> Yes	<input type="checkbox"/> No
60	I'm not too sensible in relationships	<input type="checkbox"/> Yes	<input type="checkbox"/> No
61	I'm not anxious in general (especially about the future)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
62	I'm not depressed and caught in my negative past	<input type="checkbox"/> Yes	<input type="checkbox"/> No
63	I can adapt to changes and accept new situations in life	<input type="checkbox"/> Yes	<input type="checkbox"/> No
64	I'm not running away from life with too much work	<input type="checkbox"/> Yes	<input type="checkbox"/> No
65	I have no addictions like drugs, alcohol, sex, TV etc.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
66	I don't do any criminal activities	<input type="checkbox"/> Yes	<input type="checkbox"/> No
67	I'm not an adrenalin junky	<input type="checkbox"/> Yes	<input type="checkbox"/> No
68	I don't manipulate other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
69	I can love people without controlling them	<input type="checkbox"/> Yes	<input type="checkbox"/> No
70	I don't constantly criticize people I love or work with	<input type="checkbox"/> Yes	<input type="checkbox"/> No
71	I don't label myself or other people (you're so clumsy ...)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
72	I don't like to gossip	<input type="checkbox"/> Yes	<input type="checkbox"/> No
73	I don't hold any extreme beliefs	<input type="checkbox"/> Yes	<input type="checkbox"/> No
74	I can take the middle path in life if necessary	<input type="checkbox"/> Yes	<input type="checkbox"/> No
75	I understand that there are no perfect situations in life	<input type="checkbox"/> Yes	<input type="checkbox"/> No
76	I don't jump to dramatic conclusions	<input type="checkbox"/> Yes	<input type="checkbox"/> No
77	I'm not an arrogant and narcissistic type of person	<input type="checkbox"/> Yes	<input type="checkbox"/> No
78	I'm not an extremely selfish type of person	<input type="checkbox"/> Yes	<input type="checkbox"/> No
79	I have no problems putting myself first	<input type="checkbox"/> Yes	<input type="checkbox"/> No
80	I'm almost never bored in life	<input type="checkbox"/> Yes	<input type="checkbox"/> No
81	I don't exploit other people and systems	<input type="checkbox"/> Yes	<input type="checkbox"/> No

82	I can take care of myself	<input type="checkbox"/> Yes	<input type="checkbox"/> No
83	I don't give up after facing the first obstacle	<input type="checkbox"/> Yes	<input type="checkbox"/> No
84	I know how to be loving and emphatic in relationships	<input type="checkbox"/> Yes	<input type="checkbox"/> No
85	I don't have to be in the center of attention	<input type="checkbox"/> Yes	<input type="checkbox"/> No
86	I can be in the center of attention if needed	<input type="checkbox"/> Yes	<input type="checkbox"/> No
87	I can forgive myself for the mistakes I make	<input type="checkbox"/> Yes	<input type="checkbox"/> No
88	I can forgive others for the mistakes they make	<input type="checkbox"/> Yes	<input type="checkbox"/> No
89	I can patiently wait for something if necessary	<input type="checkbox"/> Yes	<input type="checkbox"/> No
90	I don't envy other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
91	I don't try to block people who are more successful	<input type="checkbox"/> Yes	<input type="checkbox"/> No
92	I'm not a very jealous type of person	<input type="checkbox"/> Yes	<input type="checkbox"/> No
93	I'm not greedy and I have a healthy view on money	<input type="checkbox"/> Yes	<input type="checkbox"/> No
94	I generally don't eat food for emotional security	<input type="checkbox"/> Yes	<input type="checkbox"/> No
95	I don't moralize on what other people should do	<input type="checkbox"/> Yes	<input type="checkbox"/> No
96	I'm not obsessed with other people or stuff	<input type="checkbox"/> Yes	<input type="checkbox"/> No
97	I don't irrationally crave fame and status	<input type="checkbox"/> Yes	<input type="checkbox"/> No
98	I compliment people when appropriate	<input type="checkbox"/> Yes	<input type="checkbox"/> No
99	I can hug my friends	<input type="checkbox"/> Yes	<input type="checkbox"/> No
100	I can easily say thank you or I'm sorry	<input type="checkbox"/> Yes	<input type="checkbox"/> No
101	I show respect to other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
102	I know how to be a gentleman/lady when necessary	<input type="checkbox"/> Yes	<input type="checkbox"/> No
103	It doesn't bother me if someone makes a joke about me	<input type="checkbox"/> Yes	<input type="checkbox"/> No
104	I can show empathy and sympathy towards other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
105	I don't blame others for my problems	<input type="checkbox"/> Yes	<input type="checkbox"/> No
106	I am not a victim in life	<input type="checkbox"/> Yes	<input type="checkbox"/> No
107	I know I can learn from other people	<input type="checkbox"/> Yes	<input type="checkbox"/> No
108	I can manage my anger	<input type="checkbox"/> Yes	<input type="checkbox"/> No
109	I can stay calm in stressful situations	<input type="checkbox"/> Yes	<input type="checkbox"/> No
110	I don't try to bite off more than I can chew	<input type="checkbox"/> Yes	<input type="checkbox"/> No