

Self-Permission/Self-Denial Inventory *Michael Arloski, Ph.D.*

Working With The Self-Permission/Self-Denial Inventory©

Explore each statement and rate how true each is for you at this time in your life and then talk about your answers with your coach. Once you rate yourself for each statement add your numbers together to gain your total score in each separate section.

Please respond to each question answering:

1= never 2 = seldom 3 = occasionally 4 = often 5 = always

Self-Permission

1. When an opportunity to have fun with others comes up I allow myself to join in and participate.

1 2 3 4 5

2. When I have "free time" I engage in an activity I truly enjoy.

1 2 3 4 5

3. I accept gifts & compliments easily and graciously.

1 2 3 4 5

4. I make use of massage therapy and/or related professions for my own self-care.

1 2 3 4 5

5. When an opportunity to have fun on my own comes up I allow myself to do so.

1 2 3 4 5

6. I allow myself to take time to relax (in whatever way I like) on a regular basis.

1 2 3 4 5

7. I take "time out" from tasks I am working on to relax and refresh myself.

1 2 3 4 5

8. I allow myself time to exercise on a regular basis.

1 2 3 4 5

9. I plan recreational activities or outings to happen at least once a month.

1 2 3 4 5

10. I maintain active involvement in at least two of my favorite hobbies/interests/sports, etc. (such as music, hiking, nature study, gardening, etc.)

1 2 3 4 5

Please total your score for this section _____

Self-Permission - What does your score mean?

40-50 pts. High level of Self-Permission. Congratulate yourself!

30-39 pts. Moderate level of Self-Permission. OK, could be even better.

20-29 pts. Low level of Self-Permission. Identify where to work more on Self Permission.

Below 20 pts. Very low level of Self-Permission – Be more compassionate with yourself.

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Self-Denial

1. I take work home with me to complete, or do additional work in the evenings.

1 2 3 4 5

2. I feel guilty when I take time just for me.

1 2 3 4 5

3. I decline invitations to recreate and have fun with others.

1 2 3 4 5

4. I put the needs of other people ahead of my own.

1 2 3 4 5

5. Work comes first.

1 2 3 4 5

6. At the end of the year I have more than seven unused vacation days, or (if self-employed) I have vacationed a total of seven days or less all year.

1 2 3 4 5

7. It is difficult for me to relax, unwind, and just “do nothing”.

1 2 3 4 5

8. Shopping for items I do “want” but aren’t a necessity is difficult for me.

1 2 3 4 5

9. I do not set time boundaries on when I attend to work/business matters.

1 2 3 4 5

10. I use vacation and/or weekend time to complete household tasks/demands.

1 2 3 4 5

Please total your score for this section _____

Self-Denial - What does your score mean?

- 40-50 pts. High level of Self-Denial – Be more compassionate with yourself.
- 30-39 pts. Moderate level of Self-Denial – Identify where to work on less self-denial.
- 20-29 pts. Low level of Self-Denial – OK, could be even better.
- Below 20 pts. Very low level of Self-Denial – Congratulate yourself!