

## **Peace Meter**

### How Peaceful are You?

Circle the most appropriate response, and then at the end add up the point values.

- 1) On a scale of 1 to 4 how easily do you get stressed? (Or show symptoms of stress such as a tension headache, a “short fuse,” anxiousness, over-reactivity, low energy, etc.)
  - 1 I stress easily and frequently
  - 2 I have average stress
  - 3 It takes a lot to get me stressed
  - 4 I never get stressed
  
- 2) How often are you stressed?
  - 1 Daily
  - 2 Not daily, but regularly
  - 3 Rarely
  - 4 Never
  
- 3) How often are you living in the past or thinking about the past?
  - 1 I am plagued with thoughts of the past
  - 2 I frequently allow the past to affect my present situation
  - 3 Occasionally the past creeps up in my life
  - 4 I live in the Now. The past doesn't affect my current situation
  
- 4) Have you forgiven everyone that you feel has wronged you or made a mistake that hurt you?
  - 1 No, I cannot forgive
  - 2 I have forgiven MOST people
  - 3 I have completely forgiven and released ALL people
  
- 5) True or False? I have effective ways (techniques) to handle every day stress.
  - 1 False
  - 2 True

- 6) How often do you get angry?
- 1 Daily
  - 2 Not daily, but regularly
  - 3 Rarely
  - 4 Never
- 7) How do you handle your anger?
- 1 I blow up and over-react (physically or verbally)
  - 2 I bottle it up and keep it inside
  - 3 I take a moment and leave the situation or take a deep breath so that I can respond instead of react
  - 4 I never get angry
- 8) How often do you experience joy?
- 1 I do not know what it means to be truly joyful
  - 2 I rarely experience joy because I am stressed, depressed, etc.
  - 3 I occasionally experience joy
  - 4 I frequently and consistently experience joy in my life
- 9) Do you have a regular practice of prayer/meditation/affirmation or visualization?
- 1 No
  - 4 Yes
- 10) How often do you exercise physically?
- 1 Never, I don't exercise
  - 2 Rarely, because I can't find the time
  - 3 Occasionally, if I have the time
  - 4 Regularly, I am committed to my physical health
- 11) How often do you stress or worry about finances?
- 1 Daily
  - 2 Not daily, but regularly
  - 3 Rarely
  - 4 Never

- 12) How often do you express yourself creatively?
- 1 Never
  - 2 Rarely
  - 3 Not daily, but regularly
  - 4 Daily
- 13) True or False statement: "Do what you love and the money will follow."
- 1 False
  - 2 True
- 14) Do you do any volunteer work or are you actively involved in any social causes?
- 1 No
  - 2 Yes
- 15) What is your general attitude toward life?
- 1 The glass is half empty
  - 4 The glass is half full
- 16) Do you donate money to groups or organizations?
- 1 No
  - 2 Sometimes
  - 3 Yes, regularly
- 17) How often do you play?
- 1 "Play"--What's play?
  - 2 I rarely have the time or opportunity to play
  - 3 I occasionally find the time to play
  - 4 I frequently and regularly play
- 18) True or False: I often feel lonely and alone.
- 1 True
  - 2 False
- 19) True or False: My work (career) is in alignment with my values.
- 1 False
  - 2 True

- 20) How do you feel about change?  
 1 I'm uncomfortable with change  
 4 I embrace change
- 21) Is your career emotionally, physically and spiritually fulfilling?  
 1 My career pays the bills, but it's not what I really want to do.  
 2 For the most part, I am fulfilled with my career.  
 3 I am doing what I absolutely love AND making a great living.
- 22) True or False: I judge others.  
 1 True  
 2 False
- 23) True or False: I am able to easily understand someone else's side by putting myself in their shoes.  
 1 False  
 2 True
- 24) True or False: I often want what other people have.  
 1 True  
 2 False
- 25) Rate your relationships with the following on a scale of 1-5 with 5 being the most peaceful, loving, harmonious relationships and 1 being the most chaotic, stressful and disharmonious relationships. (**Note:** if you don't have a relationship with a particular category ie: you're self employed and don't have coworkers, you must answer the question based on a previous experience or how you would be with coworkers. Do not leave an answer blank.)

Parents/Children	_____
Coworkers	_____
Spouse/Romantic Partner	_____
Friends	_____
Strangers/Random encounters	_____

- 26) True or False: I have a great support network. (ie: friends or family that encourage me and want the best for me.)
- 1 False, I don't have a support network
  - 2 True, I am surrounded by those that encourage me
- 27) True or False: I am surrounded by positive people.
- 1 False, I am surrounded by people who are negative, cynical or indifferent.
  - 2 True, I am surrounded by people with a positive outlook
- 28) Do you get emotional when watching the news or reading the paper?
- 1 Yes, highly emotional when watching the news
  - 2 Occasionally I get emotional on certain topics
  - 3 No, the media doesn't affect my emotions
- 29) On a scale of 1-4, how often do you take sides on any issue?
- 1 Daily--I like to take sides
  - 2 Occasionally if I feel strongly about an issue
  - 3 Rarely ever--only in some rare instances
  - 4 Never. I remain neutral
- 30) True or False: I defend or argue my beliefs with others frequently.
- 1 True
  - 2 False
- 31) True or False: I feel helpless to create change at a global level.
- 1 True, I feel my actions don't matter
  - 4 False, I know my actions have a ripple effect
- 32) True or False: When making a decision, I consider the effects of my actions on the environment, other people, etc.
- 1 False, I usually only think of myself or those in my immediate circle
  - 2 True, I often consider the collective ramifications of my actions
- 33) What is your general belief about others?
- 1 I believe people are selfish and only care about themselves
  - 2 I believe people genuinely care about others

- 34) What is your feeling toward people who commit a crime, etc?
- 1 I believe in revenge--an eye for an eye
  - 2 It depends on the crime
  - 3 I believe every situation should be handled with love
- 35) True or False: The Universe is friendly.
- 1 False
  - 4 True

Now add up your total points and read the results from the SCORING page at this link:

<http://www.peacefulearth.com/Peacemeterscoring.htm>