

## Success Factors:

### Create a Healthy Outcome with Wellness Images' Structural Bodywork Program

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#### Section Five—Self-test

This self-test is designed to help you understand your potential as a candidate for Wellness Images' structural bodywork program. You may use the same test to gauge your readiness for another program. Just focus the last 2 questions to suit the program you're considering.

Rate yourself on each characteristic listed below. You'll get 3 points for each "high" answer, 2 points for "medium," and 1 point for "low." Refer to the full document as needed to review the characteristics and their value in a healing process.

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| 1. Receptivity. (How receptive am I to being helped?)                                    | <input type="checkbox"/> High.   | I've identified obstacles to being receptive for healthy change and have resolved them.                   |
|  | <input type="checkbox"/> Medium. | The idea's ok. I really haven't thought about it yet.   |
|  | <input type="checkbox"/> Low.    | I'm not all that interested in changing anything.   |
| 2. Personal Responsibility. (Do I perceive that my health is my own concern or problem?) | <input type="checkbox"/> High.   | Assuming responsibility for my health is my position of greatest strength.                                |
|  | <input type="checkbox"/> Medium. | I'll think about it.  |
|  | <input type="checkbox"/> Low.    | What are you talking about? I don't have time for this nonsense. That's what I have health insurance for! |
| 3. Curiosity. (Will I observe my life and help find solutions?)                          | <input type="checkbox"/> High.   | I'm naturally curious and enjoy learning. Of course I'll keep my eyes open.                               |
|  | <input type="checkbox"/> Medium. | I'll try if I think about it. I'm pretty busy already.  |
|  | <input type="checkbox"/> Low.    | If the doctor can't figure it out, it's not my problem.   |
| 4. Flexibility. (How do I feel about creating new habits?)                               | <input type="checkbox"/> High.   | I never drive to work the same way twice in a row.  |
|  | <input type="checkbox"/> Medium. | I'm a creature of habit, but I'll try if it's important.  |
|  | <input type="checkbox"/> Low.    | I keep things simple—just the way they've always been.  |
| 5. Persistence. (Will I stick with this until we solve it?)                              | <input type="checkbox"/> High.   | I'll do whatever it takes. I'm getting well!  |
|  | <input type="checkbox"/> Medium. | We'll see how it goes.  |
|  | <input type="checkbox"/> Low.    | That therapist has one shot. Then I'm outta here.   |
| 6. Life Satisfaction. (Am I fulfilling my life mission to my absolute best ability?)     | <input type="checkbox"/> High.   | I've found my passion and live it consistently every day.   |
|  | <input type="checkbox"/> Medium. | Things are ok for now. I'm too busy to think about it.  |
|  | <input type="checkbox"/> Low.    | I feel apathetic, resigned, or guilty when it comes to fulfilling my destiny.                             |
| 7. Smoking. (Do I use tobacco products?)   | <input type="checkbox"/> High.   | I haven't used tobacco even once in 5 years or more.  |
|  | <input type="checkbox"/> Medium. | Quit smoking? No problem. I do it all the time.   |
|  | <input type="checkbox"/> Low.    | Nobody's going to get between me and my cigarettes.   |
| 8. Over-stressed nervous system. (Do I stimulate my system with stress or caffeine?)     | <input type="checkbox"/> High.   | I drink herbal tea.   |
|  | <input type="checkbox"/> Medium. | Just one cup in the morning won't hurt, will it?  |
|  | <input type="checkbox"/> Low.    | I can't function without caffeine. I don't plan to try.   |

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| 9. Food choices and exercise. (Do I eat healthy foods and exercise regularly?)                                | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>I do well with food and exercise. Love those veggies!</p> <p>I know what to do, but it's off and on.</p> <p>I'm addicted to junk food and too lazy to exercise. I'd rather be sick than switch.</p>   |
| 10. Allergies and sensitivities. (Have I really explored all the options?)                                    | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>I've identified and addressed my sensitivities.</p> <p>I might try it for a while. Is there wheat in crackers?</p> <p>I think the whole idea is nuts. Forget it.</p>  |
| 11. Movement problems; ergonomics. (Will I adapt my actions?)   | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>What should I do? Just point me in the right direction.</p> <p>Maybe, as long as it isn't too much trouble.</p> <p>I do what I'm used to. I'm not about to change now.</p>  |
| 12. Unresolved trauma. (Could old trauma be involved?)  | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>I know what I'm dealing with and it's manageable.</p> <p>I don't see the connection. I'll ask mom if I think of it.</p> <p>Not going there. Don't want to open that can of worms.</p>   |
| 13. Outcome-oriented process. (Can I keep my goals in perspective?)   | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>Let's do it. I'm determined.</p> <p>I'll give it a try if I don't have to work too hard.</p> <p>If it doesn't feel good and come easy, count me out.</p>  |
| 14. Personal relationships. (Am I willing to apologize, communicate, and forgive?)                            | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>I've cleared up past misunderstandings. I keep communications clear in my important relationships.</p> <p>If they want to clear things up, let them ask me. I might let it go—just depends on my mood and what they did.</p> <p>Forgive that jerk? Apologize to who? Are you crazy?</p>                           |
| 15. My word. (Is my word good—to myself and others?)  | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>I keep my word to myself and others. Count on me.</p> <p>I do pretty well if nothing unexpected comes up.</p> <p>I withhold promises to others or often break my word. I keep my word to others, but break promises to myself.</p>  |
| 16. Personal space. (Are my surroundings neat, clean, and orderly?)   | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>I don't even have a junk drawer.</p> <p>Who looks in the basement?</p> <p>Better call before you drop by. Maybe we can get together at your place.</p>  |
| 17. Are my goals compatible with the program objectives?  | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>Yes. The goals appear to fit my needs well.</p> <p>I think so.</p> <p>No. I'm looking for something else.</p>   |
| 18. Do I understand the therapeutic strategy? Am I clear on its limitations? Have my questions been answered? | <input type="checkbox"/> High.<br><input type="checkbox"/> Medium.<br><input type="checkbox"/> Low. | <p>I've reviewed the material and it makes sense. You've answered the questions I have at this time.</p> <p>My friend told me about it. It sounds fine. I don't have time to read the materials.</p> <p>No. I don't get it. I don't understand how to tell whether this strategy is a good choice for me or not.</p> |

Ok, add up your score. Give yourself 3 points for each “high” answer, 2 points for a medium, and 1 point for a low. Fill in your score here \_\_\_\_.

### Got your score?

A perfect score is 54. If it makes you feel any better, I've yet to meet someone quite this perfect. If you scored close to 54, you're probably pretty healthy already. If you're having problems, you're well positioned to address them successfully. Make sure you choose a program whose goals and strategies suit your needs.

A mid-range score of 36 indicates that you're at least moderately willing to participate in your healing program. If it's an honest score, you'll probably do well in a program whose goals and strategies suit your needs. You could improve your outcome by revisiting your priorities in a few key areas. Don't hesitate to ask for help with this if you need it.

If you scored much less than 30 and are still reading, I suspect you're cheating yourself out of the possibility for better health. Remember to give yourself credit for willingness. Support is available for just about anything else you're really determined to take on. As always, make sure the program you choose makes sense for your goals.

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If you're a good candidate for our program,  
we hope you'll give us the opportunity to help you.

We'd be happy to talk with you further.

Please contact us with any questions or to request a program application.

**Contact us:**

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Best wishes on your healing journey.

**Elizabeth Eckert**

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P.S. You have something to offer the world that no one else does. You can't do your best if you don't feel good. Take care of your body. You're worth it!