

Reality Testing Questionnaire

To learn to better understand what your Reality Testing ability, it helps to take a look at where you are right now. Answer the following questions honestly. You don't have to share your answers with anyone; this is a personal worksheet to help you understand yourself a little better. Place a number next to each item using this scale:

- 5 = describes me very well
- 4 = usually describes me
- 3 = occasionally describes me
- 2 = rarely describes me
- 1 = does not describe me



Please try to respond to each question as honestly as you can. Reality Testing can be enhanced, but only if you are honest in your assessment. This is just a guide for your thinking and goal setting; it is in no way an assessment or a diagnosis. Have fun and use this to set some goals for yourself!

<p>I find it very easy to keep things in perspective and not over react.</p> <p>1 2 3 4 5</p>	<p>I can easily pull out of daydreams and focus on the immediate situation.</p> <p>1 2 3 4 5</p>	<p>I am able to see the strengths and weakness' of my perspective.</p> <p>1 2 3 4 5</p>	<p>I am able to take an objective approach to most things that I do. My emotions alone do not guide me.</p> <p>1 2 3 4 5</p>
<p>I try to see things as they really are, without fantasizing or dreaming about them.</p> <p>1 2 3 4 5</p>	<p>I try to be accurate in what I say and avoid exaggerating the truth.</p> <p>1 2 3 4 5</p>	<p>Even when upset, I'm aware of what's happening to me and why I am reacting the way I am.</p> <p>1 2 3 4 5</p>	<p>I am aware that I have automatic thoughts, but I tend to stop and think further to see if they are right.</p> <p>1 2 3 4 5</p>
<p>I am very good at seeing the positive and negative in most situations.</p> <p>1 2 3 4 5</p>	<p>I find that I am good at taking different perspectives to help me understand an issue better.</p> <p>1 2 3 4 5</p>	<p>I enjoy looking beyond how something appears for more evidence that supports or disputes what is being said.</p> <p>1 2 3 4 5</p>	<p>I think that I am the type of person who tells it like it is, because I have a strong ability to see all sides of an issue.</p> <p>1 2 3 4 5</p>
<p>I understand what it means to play "the Devil's Advocate" and I can easily put forward ideas from both sides.</p> <p>1 2 3 4 5</p>	<p>My emotions give me information about a situation but they do not guide my decisions alone. I use logic as well.</p> <p>1 2 3 4 5</p>	<p>I can easily focus on what is "here and now" and stop myself from focusing too much on the past or the future when needed.</p> <p>1 2 3 4 5</p>	<p>I am able to "think about my own thinking" and notice patterns that are helpful and ones that hinder me. I am mindful.</p> <p>1 2 3 4 5</p>

If your total score was 16 or below for any areas, you may want to concentrate on improving your Reality Testing in those areas. Now look at your overall score.

Write your total score here: _____

Compare your score with the comments below.

Reality Testing: Total Score Comments

- 76-80: If you scored in this range, you seem to have great Reality Testing abilities. You seem to be able to see situations as they really are and have a strong ability to be mindful about your thoughts and behaviours. You know what you need, you understand your thinking/behaviour and you can make realistic decisions about what you need to be successful. Outstanding! You have really learned how to be mindful and have taken the time to get to know yourself!
- 66-75: You seem to have a very healthy level of Reality Testing ability that you use in your life. You probably find that you are rarely wrong with your perceptions about a given situation. You practice your ability to understand your thoughts/behaviours so that you can improve your life. Good work! Reality Testing can be very difficult in emotionally charged situations and your success really depends on how you approach a solution.
- 56-65: Overall you appear to be neither high nor low in Reality Testing, but there may be specific areas which need attention. Ask yourself if this is where you want to be? Do I sometimes miss the point that others see? Do I have a difficult time making good decisions?
- 46-55: Overall you appear to have *some* skill and ability in the area of Reality Testing, but could benefit from increased understanding about yourself and how you react. Do you find that you tend to make quick short term decisions that only help in the short run because you may have missed some important facts? Maybe you just need a little improvement in this area by finding strategies that work best in your life and with your personality. It is hard work but worth it!!
- 0-45: There is considerable room for growth in your Reality Testing abilities and to effectively develop solutions to problems in your life. Reality Testing may not come easily to you, but you can build skill in this area that can help you both academically and professionally. Consider booking an appointment with a Mohawk College Counsellor for skill building in this area.