



Life Performance Inventory

Today's Date: _____

Client's Name: _____

The Life Performance Inventory is a tool to assist you to determine how well you are caring for yourself. Answer each question with the greatest honesty with which you are capable. Once you answer the questions, the scoring procedure will be provided at the end of the inventory. To keep from prejudicing your answers, score the inventory only after you have completed it. (For those taking the inventory from my website, I encourage you to print out the inventory so that you have it for future reference and can take stock of your personal growth and self-care!) Take this to your health! —*Dr. Brian Hooper*

For the following questions, circle the number next to the word that best answers the question for you. Do not be concerned with the letters (a,b,c); their significance will be made clear after you have answered each question.

1. Have you felt recently that your work, school, or other major endeavor is worthwhile?
 - 1) completely
 - 2) largely
 - 3) moderately c
 - 4) slightly b
 - 5) not at all a

2. During the past three months, how often have you made an effort to understand the feelings and ideas of the people who are important to you even when you disagreed with them?
 - 1) Never a
 - 2) rarely b
 - 3) sometimes c
 - 4) usually
 - 5) all the time

3. How often have you been trying your best in work, school, or other major endeavor recently?
 - 1) all the time
 - 2) usually
 - 3) sometimes c
 - 4) rarely b
 - 5) never a

4. During the past three months, how often have eating and weight control been a problem for you?
 - 1) all the time a
 - 2) frequently b
 - 3) sometimes c
 - 4) rarely
 - 5) never

5. During the past three months, how often have the activities you've done for recreation been competitive?
 - 1) never
 - 2) rarely
 - 3) sometimes c
 - 4) usually b
 - 5) always a

6. During the past three months, how often have you been able to express in words your feelings of love, sadness, and anger to those who are important to you:
- 1) never a
 - 2) rarely b
 - 3) sometimes c
 - 4) usually
 - 5) regularly
7. During the past three months, how often have you allowed yourself to be treated with lack of consideration?
- 1) never
 - 2) rarely
 - 3) sometimes c
 - 4) often b
 - 5) all the time a
8. During the past three months, how often have you taken time out to play?
- 1) never a
 - 2) rarely b
 - 3) occasionally c
 - 4) frequently
 - 5) very frequently
9. How often recently have you been under the influence of alcohol or recreational drugs when you played?
- 1) always a
 - 2) usually b
 - 3) sometimes c
 - 4) rarely
 - 5) never
10. How often recently have you exercised continuously for a minimum of twenty-five minutes or more?
- 1) never a
 - 2) rarely (once a week or less) b
 - 3) sometimes (less than three times a week) c
 - 4) often (three to six times a week)
 - 5) always (every day)
11. How satisfied are you with the appreciation you receive for your work or other major endeavor?
- 1) not at all a
 - 2) slightly b
 - 3) moderately c
 - 4) largely
 - 5) completely
12. During the past few months, approximately how often have you gone out to do something you enjoy?
- 1) at least once a week
 - 2) three times per month
 - 3) twice a month c
 - 4) once a month b
 - 5) never or almost never a

13. How often has controlling your drug intake been a problem during the past three months?
- 1) never
 - 2) rarely c
 - 3) sometimes c
 - 4) frequently b
 - 5) all the time a
14. What has been your grade point average during the past six months of school?
- 1) I have not been attending school
 - 2) A-average
 - 3) B-average
 - 4) C-average c
 - 5) D-average b
 - 6) Less than D-average a
15. During the past few months, have you felt loved and appreciated by the people you care about?
- 1) no, not at all a
 - 2) only a little bit b
 - 3) by some but not by others c
 - 4) usually
 - 5) yes, all the time
16. In general, how satisfied have you been with your current work or other major endeavor?
- 1) not at all a
 - 2) only slightly b
 - 3) somewhat c
 - 4) mostly
 - 5) very satisfied
17. How often have you been treating the important people in your life with respect and consideration recently?
- 1) all the time
 - 2) usually
 - 3) sometimes c
 - 4) rarely b
 - 5) never a
18. Excluding vacation time, during the last two months, how often have you been absent from school or work?
- 1) 0 days
 - 2) 1-3 days
 - 3) 4-6 days c
 - 4) 7-9 days b
 - 5) over 10 days a
 - 6) not applicable
19. On the average, how often have you felt well enough to do what you would like to do during the past three months?
- 1) never
 - 2) one day a week or less a
 - 3) two or three days a week b
 - 4) four to five days a week c
 - 5) six days a week
 - 6) every day

20. On the average, how often have you had fun during the past three months?
- 1) more than twice a week
 - 2) once or twice a week
 - 3) several times a month c
 - 4) about once a month b
 - 5) never a
21. During the past three months, how often have you received enough understanding, caring, and comforting?
- 1) never a
 - 2) rarely b
 - 3) sometimes c
 - 4) usually
 - 5) all the time
22. How often do you smoke cigarettes?
- 1) never
 - 2) about 1 cigarette or less per day
 - 3) less than ½ pack per day c
 - 4) ½–1 pack per day b
 - 5) more than 1 pack per day a
23. Do the people you care about readily accept your warmth, understanding, and caring?
- 1) no, never a
 - 2) rarely b
 - 3) some readily accept it, but others don't c
 - 4) most of them do
 - 5) all of them do
24. How much stress have you had recently from external sources (death of loved ones, illness, job problems, divorce, etc.)?
- 1) none
 - 2) very little
 - 3) some c
 - 4) quite a bit b
 - 5) a lot a
25. How often recently have you been listening carefully and offering comfort to the people who are important to you?
- 1) never a
 - 2) rarely b
 - 3) sometimes c
 - 4) usually
 - 5) all the time
26. How often have you felt good about yourself recently?
- 1) all the time
 - 2) usually
 - 3) sometimes c
 - 4) rarely b
 - 5) never a

27. On the average, how much alcohol (beer, wine or liquor) have you had during the past three months?
- 1) more than three drinks a day a
 - 2) three drinks a day b
 - 3) one or two drinks a day c
 - 4) less than one drink a day
 - 5) none
28. Has anyone (family, friends, people at work, police, etc) expressed concern about your drinking during the past three months?
- 1) yes, more than one person has a
 - 2) only one person has b
 - 3) no
29. During the past three months, on the average, how often have you taken marijuana?
- 1) never
 - 2) once a week or less
 - 3) two to five times a week c
 - 4) about once a day b
 - 5) more than once a day a
30. How often recently have you been getting enough relaxation time?
- 1) every day
 - 2) almost every day
 - 3) three or four days a week c
 - 4) one or two days a week b
 - 5) less than once a week a
31. On average, during the past three months, how often have you taken LSD, PCP, (angel dust), mescaline or any other hallucinogens?
- 1) never
 - 2) less than once a month b
 - 3) once a month or more a
32. On average, during the past three months, how often have you taken cocaine, diet pills, speed or other "uppers"?
- 1) once a month or more a
 - 2) less than once a month b
 - 3) never
33. On the average during the past three months, how often have you taken barbiturates, sleeping medications, tranquilizers (such as Valium, Xanax, Buspar) or other "downers"?
- 1) never
 - 2) once a month or less c
 - 3) two to three times a month b
 - 4) about once a week b
 - 5) more than once a week a
34. Do you feel as if you're being challenged by something you've been doing recently and that you're growing as a result?
- 1) completely
 - 2) largely
 - 3) moderately c
 - 4) slightly b
 - 5) not at all a

35. During the past three months, on the average, how often have you had difficulty with your sleep habits?
- 1) every night a
 - 2) more than once a week b
 - 3) once a week c
 - 4) less than once a week
 - 5) never
36. When you are upset, how often do you seek out, warmly accept and deeply feel caring or comforting from people you care about?
- 1) all the time
 - 2) usually
 - 3) sometimes c
 - 4) rarely b
 - 5) never a
37. How satisfied are you with the financial rewards you receive for your work?
- 1) not at all a
 - 2) slightly b
 - 3) moderately c
 - 4) largely
 - 5) completely
38. During the past three months, how often have you been satisfied with your sex life?
- 1) not at all a
 - 2) rarely b
 - 3) sometimes c
 - 4) usually
 - 5) always
 - 6) sex is not an issue for me at this time
39. Have you ever considered ending your own life during the past three months?
- 1) no, never
 - 2) yes, less than once a week c
 - 3) once or twice a week b
 - 4) a few times a week a
 - 5) daily or almost daily a

Now that you have answered each question, you will determine the significance of your answers. To do this go back and count up the number of times you select answers with either a, b, c, or d next to them, and then multiply by the number indicated. Use the chart below to calculate your total score.

Total (a) _____ x 3 = _____

Total (b) _____ x 2 = _____

Total (c) _____ x 1 = _____

Total Score = _____

Your total score will give you an idea of how well you are doing in caring for yourself. The lower the score, the better. (If you are taking this inventory as you browse my website and determine that you would like to lower your score, I would be very happy to assist you in determining how you will do that and offer you support in the process. Please call me to make an appointment.)

Total Score

You are caring for yourself:

0-4

Very Well!

5-9

Reasonably Well

10-19

Not too Well

20-29

Poorly

30 or more

Self-Destructively