SELF CARE RATING SCALE

According to Virginia Satir, there are 8 domains of the self that need care. Rate yourself on each domain; 1= needs work, 5= excellent form. Anything less than a 3 needs attention. Jot down plans for self care (examples provided).

- **Intellectual**: Stimulate the brain, engage the mind
  - (e.g., read, play games, introspect, learn, debate)

- **Interactional**: Socialize with responsive others
  - (e.g., special dinner, family visit, date night, social network)

- **Emotional**: Enhance and explore emotions
  - (e.g., watch funny/sad movie, comedy club, enjoy art)

- **Nutritional**: Improve nutritional intake
  - (e.g., watch calories, reduce sugar, or eat something new)

- **Sensual**: Get in touch with your sexuality and senses
  - (e.g., light candles, play music, dress differently, massage, orgasm)

- **Spiritual**: Feed your ‘soul’ (not necessarily religious)
  - (e.g., meditate, sing, dance, nature walk, create something)

- **Physical**: Challenge and care for your body
  - (e.g., exercise, dance, garden, take a class, rest or sleep)

- **Contextual**: Improve or change your environment
  - (e.g., clean, repair, plant, or change something, visit somewhere)

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