



Social Wellness Survey

	YES	NO
1. I have a support network of friends, family, and colleagues.		
2. I try to maintain positive and enriching relationships with people.		
3. I communicate well with other and consider myself a good listener.		
4. I consider the feeling and experiences of others.		
5. I can take responsibility and apologize if I have negatively affected someone.		
6. I can balance my own needs with the need of others.		
7. I am involved in community-based activities or volunteering.		
8. There are people in my life that I trust.		
9. I am interested in others, including those from different intersectional background than my own.		
10. I am compassionate and try to help other where I can.		
11. I recognize the influence other people have on me.		
12. I share my feelings honestly.		
13. I am comfortable asking people for support.		
14. I listen to others without being judgmental.		
15. I can disagree with others and maintain mutual respect.		
16. I can manage my stress where it does not adversely impact others.		