



OPTIONS CENTER HEALTH TOPIC: HEALTH AWARENESS ASSESSMENT



When it comes to health, many of us act like we are immortal and will have a high quality of life our entire lives. The truth is that health is something we rarely focus on unless it is life threatening. When is the last time, you have accessed your health? And, what is good health?

Take the following assessment to learn more about yourself and your attitudes.

Circle the statement that most closely reflects your belief and/or attitude on the following subjects. Then add all the circled numbers. Look for the analysis of total points at the end of this assessment. The analysis will help you better understand your attitudes about your health and what you might need to do to achieve better health now and in the future.

A. AGING- I believe as I get older:

- 1. I believe I will acquire one or more degenerative diseases that will be the cause of my death.
- 2. I know about degenerative disease prevention, but it is just too much effort to change my lifestyle, too expensive, too uncomfortable or not easily available.
- 3. I do some things to prevent degenerative disease.
- 4. I am regenerating and feeling better as I get older; I will choose a high quality of life even during my death process.

B. Regarding HEALTH CARE PROVIDERS:

- 1. Modern medical professionals are my only health providers.
- 2. I trust my doctor, but in the end will decide whether or not to accept his/her advice.
- 3. I trust my own intuition and often go to health care providers that utilize alternative methods.
- 4. I have completely accepted the responsibility for my own health. I always choose health care providers that participate in alternative health care, and only very rarely go to modern medical professionals that ascribe to standard or routine medical care.

C. DISEASE:

- 1. Disease is caused by germs only.
- 2. Germs play a major role and stress a minor role.
- 3. Stress plays a major role and germs a minor role.
- 4. Mental beliefs/attitudes have produced the stress and therefore provide the medium for physical symptoms to occur.

D. PHARMACEUTICAL/PRESCRIPTION DRUGS:

- 1. Are a necessary part of recovery and I trust my doctor's knowledge and advice.
- 2. Can cause side effects and I want to be knowledgeable of the side effects before taking any medication.
- 3. Probably do cause short and/or long-term side effects and I would like to avoid taking medications if at all possible.
- 4. I feel drugs are dangerous and will take them only as a last resort.

E. OVER-THE-COUNTER DRUGS:

- 1. I use frequently and get desired results (suppression of symptoms).
- 2. I use occasionally and get desired results (suppression of symptoms).
- 3. I am concerned about side effects and look for alternatives to drugs, such as herbs, vitamins and minerals.
- 4. I am very concerned about side effects and always look for alternatives; I will also investigate the emotional and beliefs regarding my illness.

F. MIRACLE DRUGS:

- 1. I believe that someday there will be a miracle drug for cancer, AIDS, etc. just like penicillin was. I am willing to financially support this kind of research (American Cancer Society, American Diabetes, etc.).
- 2. I am thankful for miracle drugs but probably won't financially support the research.
- 3. I support research done showing that lifestyle changes in nutrition and stress reduction can aid in healing.
- 4. I would financially support research showing that lifestyle changes in nutrition and stress reduction can aid in healing.

G. NUTRITION:

- 1. I will only change my dietary intake from the Standard American diet to something else if my medical doctor tells me to do so.
- 2. I know I should improve my diet, but it's too hard.
- 3. I reduce my sugar, fat, and other "unhealthy" food intake on a daily basis.
- 4. I have eliminated sugar, white flour, white rice, refined oils, salt, preservatives and other chemicals from my diet entirely.

H. EXERCISE:

- 1. I will only partake in a regular exercise program if my medical doctor prescribes it.
- 2. I know I need to exercise more, but it never works out (not enough time, etc.)
- 3. I enjoy exercise and will do it now and then.
- 4. I know that exercise is VERY valuable to my regeneration and do it on a consistent basis.

I. STRESS:

- 1. Everyone has stress and if it ever gets too much, I'll talk to my doctor about it.
- 2. I know ways to reduce my stress but I can't/won't/don't feel bad enough to do anything about it now.
- 3. I am reducing my stress by breathing exercises, meditation, Yoga, etc.
- 4. I am reducing my stress by looking at repressed emotional trauma and self-sabotaging beliefs.

J. ENERGY FIELD:

- 1. I've never heard of it.
- 2. I know that we all have one.
- 3. I do activities that will restore my energy field.
- 4. Daily I keep my energy field strong in order to prevent disease.

K. REPRESSED EMOTIONAL TRAUMA:

- 1. If it's buried, leave it alone.
- 2. I believe that I may have some.
- 3. I have made some contact with my repressed emotional trauma.
- 4. I know I can't change facts, but I am re-creating my perception of those facts.

L. MENTAL COMPONENT:

- 1. My mental component is best left alone unless there are symptoms of mental illness.
- 2. My mental component is composed of all my unconscious beliefs/attitudes.
- 3. I make efforts to be aware of all my unconscious beliefs/attitudes.
- 4. I am very dedicated to rewriting my unconscious beliefs/attitudes.

M. SPIRITUAL COMPONENT:

- 1. My spiritual life is my religion and takes place in or through the church.
- 2. My spiritual life is composed of all my unconscious beliefs.
- 3. I make efforts to be aware of all my unconscious beliefs.
- 4. I am very dedicated to accessing the power of my spiritual self.

N. ACCIDENTS:

- 1. Accidents just happen.
- 2. Accidents are caused by stress.
- 3. I sometimes take steps to prevent accidents.
- 4. I am very conscientious about minimizing my stress to reduce and/or prevent accidents.

ANALYSIS OF HEALTH AWARENESS SCORES

Category One Total Points: 0 - 14

Unaware of health options - victim of degeneration beliefs. Believes a person will degenerate physically with age; that germs, not lifestyles, cause disease; relies on the medical profession as sole health care providers; believes medication is a vital part of a healthy life, and that someday miracle cures will be developed for diseases such as cancer and AIDS; not willing to change lifestyle or dietary habits unless prescribed by a doctor.

Category Two Total Points: 15 - 28

Aware of health options but apathetic about pursuing them. Knowledgeable about nutrition, exercise, stress reduction, etc. and believes they can be pursued without a medical doctor's supervision; believes such areas are important to health, but does not take an active role in changing lifestyle and dietary habits.

Category Three Total Points: 29 - 42

Aware of health options and actively pursues many, but has limited commitment to total self-responsibility. Believes nutrition, exercise, stress reduction, etc. are important to health and takes an active role personally to change lifestyle and dietary habits; however, has doubts when a health crisis occurs and abandons assumed self-responsibility.

Category Four Total Points: 43 - 56

Actively involved in health regeneration at all levels of awareness - body, mind and spirit. Has taken sole responsibility for own health, believing in regeneration at all three levels - physical, emotional and spiritual; defines spiritual as a belief system, not religion or doctrine; believes in the energy fields; understands that healing must occur there before physical changes are apparent; believes it is possible to assist one's own healing process.