

# CAPS ASSESSMENT

The Conscious-Awareness Polarity Self-Assessment requires you to consider opposing sides of a question for the purpose of arriving at a single best answer. For example, on a scale of 0-10 with 10 being the greatest, if you graded the level of daylight right now to be an 8, you would also be grading the level of darkness to be a 2 right now. Since they are opposites, assessing one has us assessing both. Less clear, however, are the specific questions below. These CAPS Assessment questions do not necessarily represent direct opposites, requiring you to consider two opposing points for arriving at a single best answer.

Each circle on each scale houses two numbers. The top row of numbers going from 0 to 10 (from left to right) relates to the first part of each question (Part a). The bottom row of numbers going from 10 to 0 (from left to right) relates to the second part of each question (Part b). **For each numbered question, choose ONE answer (one pair of numbers) that best answers BOTH a & b simultaneously.**

1

## PEACE / PAIN

a) PEACE - Select ONE circle on the scale below (0-10) regarding your level of peace (with 10 being the greatest peace)



b) PAIN - Select ONE circle on the scale above (10-0) regarding your level of pain (with 0 being the least pain). The greater the pain, the less the peace, and vice-versa. Where are you on the peace/pain scale? Circle the best answer on the scale above.

2

## MULTIPLE TRUTHS / SINGULAR TRUTH

a) Select one circle on the scale below (0-10) regarding you participating in multiple truths at the same time



b) Select one circle on the scale above (10-0) regarding you participating in your truth as if it is the only truth that matters

3

## HANDLING STRESS WELL / STRESS AFFECTING YOU NEGATIVELY

a) Select one circle on the scale below (0-10) regarding you handling stress well



b) Select one circle on the scale above (10-0) regarding stress having a negative effect on you (0 = no negative effect)

4

## HAPPINESS / SADNESS

a) Select one circle on the scale below (0-10) regarding your overall level (degree and frequency) of happiness



b) Select one circle on the scale above (10-0) regarding your overall level of sadness (degree and frequency)

5

## GRATITUDE / FRUSTRATION

a) Select one circle on the scale below (0-10) regarding your level (degree, duration, and frequency) of gratitude



b) Select one circle on the scale below (10-0) regarding your level (degree, duration, and frequency) of frustration

6

## CONTENTMENT / DISTURBANCE

a) Select one circle on the scale below (0-10) regarding your level of contentment



b) Select one circle on the scale below (10-0) regarding your how often you get disturbed, annoyed, bothered, etc.

7

**MINDFULNESS / RUNNING ON AUTOMATIC PILOT**

a) Select one circle on the scale below (0-10) regarding your level of mindfulness



b) Select one circle on the scale below (10-0) regarding your how often you run on automatic pilot

8

**FEELING SUPPORTED / FEELING NON-SUPPORTED**

a) Select one circle on the scale below (0-10) regarding your how often you feel supported



b) Select one circle on the scale below (10-0) regarding how often you feel as if you are not supported

9

**SERVING OTHERS / SERVING YOURSELF**

a) Select one circle on the scale below (0-10) regarding how often you focus on serving others



b) Select one circle on the scale below (10-0) regarding how often you focus on serving yourself

10

**BEING NEW / BEING THE SAME OR FAMILIAR**

a) Select one circle on the scale below (0-10) regarding your level of being new



b) Select one circle on the scale below (10-0) regarding your level of being the same or being familiar to yourself

11

**SEEING FROM MANY PERSPECTIVES / SEEING FROM ONE PERSPECTIVE**

a) Select one circle on the scale below (0-10) regarding how often you see things from many, various perspectives



b) Select one circle on the scale below (10-0) regarding how often you see things from a single perspective

12

**HOW EASY THINGS ARE / HOW DIFFICULT THINGS ARE**

a) Select one circle on the scale below (0-10) regarding how easy things are for you



b) Select one circle on the scale below (10-0) regarding how difficult things are for you

13

**FOCUSING ON SOLUTIONS / FOCUSING ON PROBLEMS**

a) Select one circle on the scale below (0-10) regarding you being a person who focuses on solutions or what's working



b) Select one circle on the scale below (10-0) regarding you being a person who focuses on problems or what's not working

14

**ENCOURAGEMENT FOR OTHERS / CRITICISM OF OTHERS**

a) Select one circle on the scale below (0-10) regarding you being a person who offers encouragement to others



b) Select one circle on the scale below (10-0) regarding you being a person who is critical of others

15

**ENCOURAGEMENT FOR YOURSELF / CRITICISM OF SELF**

a) Select one circle on the scale below (0-10) regarding you being a person who offers yourself encouragement



b) Select one circle on the scale below (10-0) regarding you being a person who is critical of yourself

16

**PRAISING BEHAVIORS / COMPLAINING ABOUT BEHAVIORS**

a) Select one circle on the scale below (0-10) regarding you praising the behaviors of others after observing them doing things well / better



b) Select one circle on the scale below (10-0) regarding you criticizing the behaviors of others after observing them doing things poorly

17

**SEEING THINGS AS OPPORTUNITIES / SEEING THINGS AS BAD**

a) Select one circle on the scale below (0-10) regarding you seeing things outside of your control as opportunities



b) Select one circle on the scale below (10-0) regarding you seeing things outside of your control as being bad

18

**FORGIVENESS / HOLDING GRUDGES**

a) Select one circle on the scale below (0-10) regarding you being a forgiving person



b) Select one circle on the scale below (10-0) regarding you holding a grudge or holding onto grudges

19

**ABILITY TO GO WITH THINGS / NEED TO CONTROL OR FIX SITUATIONS**

a) Select one circle on the scale below (0-10) regarding your ability to go with things



b) Select one circle on the scale below (10-0) regarding your need to control or fix situations

20

**NEGOTIABILITY / ABILITY TO HOLD YOUR GROUND**

a) Select one circle on the scale below (0-10) regarding your negotiability, how negotiable you are



b) Select one circle on the scale below (10-0) regarding your ability to hold your ground

21

**COMMUNICATIVE / WITHDRAWN**

a) Select one circle on the scale below (0-10) regarding your level (degree, frequency, and quality) of verbal communication



b) Select one circle on the scale below (10-0) regarding your level of withdrawing, withholding information, and not communicating

22

**TELLING A GREATER STORY / TELLING A PAINFUL STORY**

a) Select one circle on the scale below (0-10) regarding your level (degree, frequency, and quality) of telling a greater story



b) Select one circle on the scale below (10-0) regarding your level of telling a story and/or repeating a story that brings you pain or unrest

23

**RELATIONSHIP WITH LIFE'S INTELLIGENCE, GOD, ETC. / FEELING OF DISCONNECTION**

a) Select one circle on the scale below (0-10) regarding your relationship with life's wisdom, God, all that is, consciousness, etc.



b) Select one circle on the scale below (10-0) regarding your feeling of disconnection to yourself, to others, to all that is, etc.

24

**SENSE OF LIFE PURPOSE / SENSE OF HOPELESSNESS**

a) Select one circle on the scale below (0-10) regarding your sense of having a life purpose and knowing your life's purpose



b) Select one circle on the scale below (10-0) regarding your level (degree and frequency) of feeling hopeless

25

**CONTRIBUTION / UNMET NEEDS**

a) Select one circle on the scale below (0-10) regarding the quality and quantity of contributions you make to something bigger than you



b) Select one circle on the scale below (10-0) regarding your level (amount, degree, and frequency) of having unmet needs

26

**ABILITY TO HAVE SOMEONE'S BACK ALWAYS / NEED TO CARE FOR YOURSELF ALWAYS**

a) Select one circle on the scale below (0-10) regarding you having someone's back at all times if necessary



b) Select one circle on the scale below (10-0) regarding you needing to care for yourself at all times

27

**THE ABILITY TO HAVE FUN / THE NEED TO BE SERIOUS**

a) Select one circle on the scale below (0-10) regarding you having fun (frequency, duration, quality, etc.)



b) Select one circle on the scale below (10-0) regarding you being serious (frequency, duration, quality, etc.)

28

**TAKING YOURSELF LIGHTLY / TAKING YOURSELF TOO SERIOUSLY**

a) Select one circle on the scale below (0-10) regarding you taking yourself lightly



b) Select one circle on the scale below (10-0) regarding you taking yourself too seriously

29

**ATTRIBUTING LITTLE OR NO SIGNIFICANCE / DRAMA**

a) Select one circle on the scale below (0-10) regarding you attributing little or no significance to things



b) Select one circle on the scale below (10-0) regarding you being dramatic or entertaining drama in your life by putting your attention on it

30

**SPONTANEITY / NEED TO SCHEDULE EVERYTHING**

a) Select one circle on the scale below (0-10) regarding your level (frequency, tendency) of being spontaneous



b) Select one circle on the scale below (10-0) regarding your need to schedule everything in your life

31

**INITIATE CONNECTIONS / OTHERS INITIATE CONNECTIONS**

a) Select one circle on the scale below (0-10) regarding you initiating connections with others

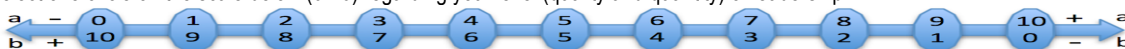


b) Select one circle on the scale below (10-0) regarding others initiating connections with you

32

**LEADERSHIP / BAD INFLUENCE**

a) Select one circle on the scale below (0-10) regarding your level (quality and quantity) of leadership



b) Select one circle on the scale below (10-0) regarding you being a poor role model or a bad influence on successful people

33

**ABUNDANCE CONSCIOUSNESS / POVERTY OR LACK CONSCIOUSNESS**

a) Select one circle on the scale below (0-10) regarding you having an affluent, abundant consciousness (having more than enough)



b) Select one circle on the scale below (10-0) regarding you having a poverty consciousness or sense of lack (not having enough)

34

**OPTIMISM ABOUT THE FUTURE / PESSIMISM ABOUT THE FUTURE**

a) Select one circle on the scale below (0-10) regarding you being optimistic about the future



b) Select one circle on the scale below (10-0) regarding you being pessimistic about the future

35

**ENJOYMENT BEING WITH OTHERS / THE NEED TO BE ALONE**

a) Select one circle on the scale below (0-10) regarding your level of enjoyment in being with others



b) Select one circle on the scale below (10-0) regarding your need to be alone

36

**BEING A CATALYST FOR CHANGE / MAINTAINING THE STATUS QUO**

a) Select one circle on the scale below (0-10) regarding you being a catalyst for change



b) Select one circle on the scale below (10-0) regarding you being someone who maintains the status quo

37

**CREATIVE / NOT CREATIVE**

a) Select one circle on the scale below (0-10) regarding you being creative



b) Select one circle on the scale below (10-0) regarding you not being creative in any sense

38

**BEING ACCOUNTABLE FOR YOUR CHALLENGES / DELEGATING ACCOUNTABILITY TO OTHERS**

a) Select one circle on the scale below (0-10) regarding you being completely accountable for all challenges you face



b) Select one circle on the scale below (10-0) regarding you delegating accountability to others when you access a challenge



39

**LEARNING (WIN SOME – “LEARN” SOME) / FAILING (WIN SOME – “LOSE” SOME)**

a) Select one circle on the scale below (0-10) regarding you being a life-long learner who looks for connections



b) Select one circle on the scale below (10-0) regarding you failing at certain things

40

**MAKING IMPROVEMENTS / MAKING EXCUSES**

a) Select one circle on the scale below (0-10) regarding you actually making improvements (beyond intending to improve)



b) Select one circle on the scale below (10-0) regarding you making excuses or blaming others for your lack of making improvements

41

**NON-LINEARITY / HEAD STRONG**

a) Select one circle on the scale below (0-10) regarding your ability to make peace with being non-linear or seemingly chaotic



b) Select one circle on the scale below (10-0) regarding you creating and carrying out a single plan of action until successful completion

42

**AGREEMENT (HARMONY) / DISSONANCE (DISAGREEMENT)**

a) Select one circle on the scale below (0-10) regarding your ability to live in accord with your highest and best (cohesiveness/coherence)



b) Select one circle on the scale below (10-0) regarding you living in conflict within yourself, living with some form of dissonance

43

**STILLNESS / ACTIVITY**

a) Select one circle on the scale below (0-10) regarding your ability to be still (frequency, quality, duration, etc)



b) Select one circle on the scale below (10-0) regarding your need to be active

44

**DAILY PRACTICE / BUSY**

a) Select one circle on the scale below (0-10) regarding you having and following a daily practice that supports your living in peace



b) Select one circle on the scale below (10-0) regarding how busy you are most days

45

**GOALS / INTERRUPTIONS**

a) Select one circle on the scale below (0-10) regarding you having clear, concise, measurable goals



b) Select one circle on the scale below (10-0) regarding how much you enjoy getting through the day with little to no interruptions

46

**VISUALIZATION (CONSIDERATION) / NO CONSIDERATION**

a) Select one circle on the scale below (0-10) regarding you using consideration or visualization regarding your next level of success



b) Select one circle on the scale below (10-0) regarding how little you think about what your greater success might look like or feel like

47

**SATISFACTION / UNFULFILLED**

a) Select one circle on the scale below (0-10) regarding the level of satisfaction you have with your life



b) Select one circle on the scale below (10-0) regarding how unfulfilled you are regarding certain aspects of your life

48

**LOVE / FEAR**

a) Select one circle on the scale below (0-10) regarding the level of love with which you live (quality, quantity, frequency, duration, etc.)

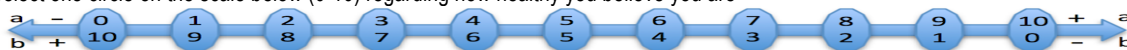


b) Select one circle on the scale below (10-0) regarding how much you believe fear is up for you consciously and subconsciously

49

**HEALTH / SICKNESS**

a) Select one circle on the scale below (0-10) regarding how healthy you believe you are



b) Select one circle on the scale below (10-0) regarding how sick or off you believe you are

50

**GREATERNESS / DEFAULT SELF**

a) Select one circle on the scale below (0-10) regarding how often you are actually and truly being an advocate for your greatness



b) Select one circle on the scale below (10-0) regarding how often you are actually and truly being an advocate for your default self