



7 Words Q21-Recovery

No, Hello, Thanks, Goodbye, Please, Sorry, Yes

Score each question 1 to 10: an absolute No = 1; an absolute Yes = 10.

		Score	Total
1	Are you free from any kind of addiction problem?		N
2	Are you ok with the extent of your bingeing?		
3	Can you resist temptation?		
4	Do you have a healthy and varied social life?		H
5	Do you spend enough quality time with close friends?		
6	Do you spend time exploring new ideas and activities?		
7	Do you feel loved?		T
8	Are you a deeply caring person?		
9	Is your home life happy?		
10	Are you mostly in control of your life?		G
11	Can you easily access the strength to make changes?		
12	Are you really willing to let go of unhelpful habits?		
13	Are you expecting to be happier in future?		P
14	Do you consider yourself to be a spiritual person?		
15	Can you ask for and receive help?		
16	Do you quickly release resentments?		S
17	Are you mostly free of shame and guilt?		
18	Blaming others is always a mistake! You agree?		
19	Are you ready for a new beginning?		Y
20	Can you trust?		
21	Are you willing to let go?		

NO	HELLO	THANKS	GOODBYE	PLEASE	SORRY	YES	TOTAL

Name: _____

Date: _____

For more information about 7 Words contact:

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7 Words Guide

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