

Soft Indicator Assessment							
Name:		Worker:			Date:		
Please tick the relevant box		Not Applicable	5 Always	4 Often	3 Sometimes	2 Rarely	1 Never
1. I can control my temper							
2. I can control my anger and aggression							
3. I can keep calm in arguments							
4. I sleep well							
5. I can see problems coming							
6. I can get on well with anyone							
7. I can take responsibility when things go wrong							
8. I am good at listening							
9. I can maintain eye contact							
10. I like myself							
11. I am aware of the effect of drugs / alcohol on me							
12. I can wait and be patient							
13. I can talk about my feelings							
14. I find it easy to relax							
15. I do not worry about what people think of me							
16. I know how to keep healthy							
17. I live a healthy lifestyle							
18. I am willing to learn new things							
19. I can face problems in my life							
20. I want to succeed							
21. I am aware of my strengths and weaknesses							
22. I able to manage my own money							
23. I do not give up easily							
24. I can concentrate for 30 minutes							
25. I can observe rules / boundaries							
26. I can complete tasks on time							
27. Asking for help is easy for me to do							
28. I can keep appointments							
29. I can complete forms							
30. I am safe and sensible on social media							
31. I can cook for myself							
32. I enjoy meeting new people							
33. I am confident about asking questions in a group							
34. I can motivate myself							
35. I learn from things that go wrong							
36. I feel positive about my future							
37. If others are offensive to me I never become offensive back							
38. I feel confident							