

WOULD YOU WANT TO HANG OUT WITH YOU?

MIRACLE MAN OF PHILADELPHIA | MULTIDIMENSIONAL SELF-ASSESSMENT

Would you enjoy your own company? Discover what makes you enjoyable—or difficult—to be around.

Past 90 days: Never (0 points) | Sometimes (1 point) | Often (2 points) | Regularly (3 points)

N = Never S = Sometimes O = Often R = Regularly

01 Kindness & Consideration

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I greet people warmly and acknowledge them when we meet.	☐ N	☐ S	☐ O	☐ R
02. I thank people for everyday help, even small favors.	☐ N	☐ S	☐ O	☐ R
03. I notice when someone feels left out and include them.	☐ N	☐ S	☐ O	☐ R
04. I consider how my decisions affect people around me.	☐ N	☐ S	☐ O	☐ R
05. I offer practical help without expecting a reward.	☐ N	☐ S	☐ O	☐ R
06. I ignore people when I have no immediate interest in talking.	☐ N	☐ S	☐ O	☐ R
07. I overlook or dismiss small acts of kindness.	☐ N	☐ S	☐ O	☐ R
08. I make plans without considering how others will be affected.	☐ N	☐ S	☐ O	☐ R
09. I act impatiently toward people who need extra time.	☐ N	☐ S	☐ O	☐ R
10. I expect appreciation while rarely expressing it myself.	☐ N	☐ S	☐ O	☐ R

SECTION SCORING: Positive (1–5): _____ / 15 Negative (6–10): _____ / 15

Positive: (_____ ÷ 15) × 100 = _____ / 100 Negative: (_____ ÷ 15) × 100 = _____ / 100

I believe that it would be beneficial to make the following adjustments to my behavior:

- A. _____
- B. _____
- C. _____

02 Selfishness & Controlling Behavior

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I willingly let other people choose activities or plans.	☐ N	☐ S	☐ O	☐ R
02. I accept a different opinion without needing to win.	☐ N	☐ S	☐ O	☐ R
03. I respect other people's right to say no.	☐ N	☐ S	☐ O	☐ R
04. I adjust my preferences when compromise is fair.	☐ N	☐ S	☐ O	☐ R
05. I encourage others to make independent decisions.	☐ N	☐ S	☐ O	☐ R
06. I become irritated when plans do not go my way.	☐ N	☐ S	☐ O	☐ R
07. I expect others to work around my preferences.	☐ N	☐ S	☐ O	☐ R
08. I keep pushing after someone has clearly said no.	☐ N	☐ S	☐ O	☐ R
09. I use guilt or disappointment to influence another person.	☐ N	☐ S	☐ O	☐ R
10. I try to control how people spend their free time.	☐ N	☐ S	☐ O	☐ R

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03 Honesty & Trustworthiness

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I tell the truth even when it is uncomfortable.	☐ N	☐ S	☐ O	☐ R
02. I keep private information entrusted to me confidential.	☐ N	☐ S	☐ O	☐ R
03. I follow through on promises I make.	☐ N	☐ S	☐ O	☐ R
04. I admit when I do not know something.	☐ N	☐ S	☐ O	☐ R
05. I am consistent in how I describe events to different people.	☐ N	☐ S	☐ O	☐ R
06. I leave out facts to make myself look better.	☐ N	☐ S	☐ O	☐ R
07. I say what people want to hear without meaning it.	☐ N	☐ S	☐ O	☐ R
08. I share someone's private information without permission.	☐ N	☐ S	☐ O	☐ R
09. I make excuses for commitments I did not keep.	☐ N	☐ S	☐ O	☐ R
10. I exaggerate my role in an event or accomplishment.	☐ N	☐ S	☐ O	☐ R

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- C. _____

04 Emotional Stability & Anger

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I can stay respectful when I am frustrated.	☐ N	☐ S	☐ O	☐ R
02. I pause before reacting when emotions run high.	☐ N	☐ S	☐ O	☐ R
03. I recover from small disappointments without spoiling the day.	☐ N	☐ S	☐ O	☐ R
04. I express anger without threats, insults, or intimidation.	☐ N	☐ S	☐ O	☐ R
05. I can calm myself after an argument.	☐ N	☐ S	☐ O	☐ R
06. I snap at people over minor inconveniences.	☐ N	☐ S	☐ O	☐ R
07. I allow my bad mood to affect everyone around me.	☐ N	☐ S	☐ O	☐ R
08. I raise my voice to overpower someone in a disagreement.	☐ N	☐ S	☐ O	☐ R
09. I hold grudges long after a situation has passed.	☐ N	☐ S	☐ O	☐ R
10. I say hurtful things that I later regret.	☐ N	☐ S	☐ O	☐ R

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- C. _____

05 Communication & Listening

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I ask people questions and listen to their answers.	☐ N	☐ S	☐ O	☐ R
02. I let others finish speaking before responding.	☐ N	☐ S	☐ O	☐ R
03. I put my phone aside during meaningful conversations.	☐ N	☐ S	☐ O	☐ R
04. I remember details that matter to people close to me.	☐ N	☐ S	☐ O	☐ R
05. I make room for quieter people to contribute.	☐ N	☐ S	☐ O	☐ R
06. I interrupt to tell my own story.	☐ N	☐ S	☐ O	☐ R
07. I steer conversations back to myself.	☐ N	☐ S	☐ O	☐ R
08. I look distracted while someone is speaking.	☐ N	☐ S	☐ O	☐ R
09. I assume I know what someone means without asking.	☐ N	☐ S	☐ O	☐ R
10. I dominate group conversations.	☐ N	☐ S	☐ O	☐ R

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06 Empathy & Emotional Support

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I notice when someone may be having a difficult day.	☐ N	☐ S	☐ O	☐ R
02. I ask how I can support someone rather than assume.	☐ N	☐ S	☐ O	☐ R
03. I listen to feelings even when I see things differently.	☐ N	☐ S	☐ O	☐ R
04. I celebrate other people's achievements sincerely.	☐ N	☐ S	☐ O	☐ R
05. I check in on people who are going through hard times.	☐ N	☐ S	☐ O	☐ R
06. I minimize feelings that do not make sense to me.	☐ N	☐ S	☐ O	☐ R
07. I respond to another person's problem by focusing on my own.	☐ N	☐ S	☐ O	☐ R
08. I seem annoyed when someone needs reassurance.	☐ N	☐ S	☐ O	☐ R
09. I compare someone's hardship to others to dismiss it.	☐ N	☐ S	☐ O	☐ R
10. I ignore signs that my comments have hurt someone.	☐ N	☐ S	☐ O	☐ R

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- C. _____

07 Personal Accountability & Humility

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I admit my part in a disagreement.	☐ N	☐ S	☐ O	☐ R
02. I apologize without immediately making excuses.	☐ N	☐ S	☐ O	☐ R
03. I take constructive criticism seriously.	☐ N	☐ S	☐ O	☐ R
04. I ask myself how I could handle a conflict better.	☐ N	☐ S	☐ O	☐ R
05. I make specific changes after recognizing a mistake.	☐ N	☐ S	☐ O	☐ R
06. I blame others before examining my own behavior.	☐ N	☐ S	☐ O	☐ R
07. I justify hurtful conduct because I felt hurt first.	☐ N	☐ S	☐ O	☐ R
08. I make the same promises to change without following through.	☐ N	☐ S	☐ O	☐ R
09. I become defensive when someone points out my behavior.	☐ N	☐ S	☐ O	☐ R
10. I focus on being right instead of resolving the issue.	☐ N	☐ S	☐ O	☐ R

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- B. _____
- C. _____

08 Jealousy & Insecurity

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I feel genuinely happy when people I care about succeed.	☐ N	☐ S	☐ O	☐ R
02. I can enjoy time alone without needing constant reassurance.	☐ N	☐ S	☐ O	☐ R
03. I respect close friends' or partners' other relationships.	☐ N	☐ S	☐ O	☐ R
04. I ask directly for reassurance instead of making accusations.	☐ N	☐ S	☐ O	☐ R
05. I recognize my own strengths without constant comparison.	☐ N	☐ S	☐ O	☐ R
06. I feel threatened when someone close to me gives others attention.	☐ N	☐ S	☐ O	☐ R
07. I compare myself unfavorably with others.	☐ N	☐ S	☐ O	☐ R
08. I assume a delayed reply means someone is rejecting me.	☐ N	☐ S	☐ O	☐ R
09. I question another person repeatedly because of suspicion.	☐ N	☐ S	☐ O	☐ R
10. I resent attention or praise given to other people.	☐ N	☐ S	☐ O	☐ R

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- A. _____
- B. _____
- C. _____

09 Positivity & Social Enjoyment

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I bring encouragement into conversations.	☐ N	☐ S	☐ O	☐ R
02. I can laugh at harmless mistakes, including my own.	☐ N	☐ S	☐ O	☐ R
03. I show enthusiasm for activities others enjoy.	☐ N	☐ S	☐ O	☐ R
04. I help people feel comfortable and welcome.	☐ N	☐ S	☐ O	☐ R
05. I notice and share positive moments during an ordinary day.	☐ N	☐ S	☐ O	☐ R
06. I complain repeatedly about small inconveniences.	☐ N	☐ S	☐ O	☐ R
07. I criticize people's harmless preferences.	☐ N	☐ S	☐ O	☐ R
08. I turn enjoyable gatherings into arguments or complaints.	☐ N	☐ S	☐ O	☐ R
09. I make sarcastic remarks that embarrass others.	☐ N	☐ S	☐ O	☐ R
10. I dismiss new ideas before giving them a fair chance.	☐ N	☐ S	☐ O	☐ R

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- C. _____

10 Reliability & Personal Responsibility

	Never 0 points ↓	Sometimes 1 point ↓	Often 2 points ↓	Regularly 3 points ↓
01. I arrive when I say I will or communicate changes promptly.	☐ N	☐ S	☐ O	☐ R
02. I respect other people's time and commitments.	☐ N	☐ S	☐ O	☐ R
03. I do my share of work in a group or household.	☐ N	☐ S	☐ O	☐ R
04. I take responsibility for problems I can reasonably address.	☐ N	☐ S	☐ O	☐ R
05. I maintain routines that support my well-being and relationships.	☐ N	☐ S	☐ O	☐ R
06. I cancel plans at the last minute without a good reason.	☐ N	☐ S	☐ O	☐ R
07. I depend on others to handle tasks I agreed to do.	☐ N	☐ S	☐ O	☐ R
08. I repeatedly leave people waiting without updates.	☐ N	☐ S	☐ O	☐ R
09. I avoid responsibilities until they become someone else's problem.	☐ N	☐ S	☐ O	☐ R
10. I neglect commitments because I become absorbed in my phone or entertainment.	☐ N	☐ S	☐ O	☐ R

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SCORING & PERSONAL ACTION WORKSHEET

Record each variable's two subtotals. Scores reflect self-reported frequency, not a diagnosis or a judgment of character.

Variable	Positive / 15	Negative / 15
1. Kindness & Consideration	_____	_____
2. Selfishness & Controlling Behavior	_____	_____
3. Honesty & Trustworthiness	_____	_____
4. Emotional Stability & Anger	_____	_____
5. Communication & Listening	_____	_____
6. Empathy & Emotional Support	_____	_____
7. Personal Accountability & Humility	_____	_____
8. Jealousy & Insecurity	_____	_____
9. Positivity & Social Enjoyment	_____	_____
10. Reliability & Personal Responsibility	_____	_____

POSITIVE SCORE = (sum of 10 positive subtotals ÷ 150) × 100 = _____ / 100

NEGATIVE SCORE = (sum of 10 negative subtotals ÷ 150) × 100 = _____ / 100

Higher positive = more frequent helpful habits. Higher negative = more frequent concerning habits. Keep both scores separate; do not subtract one from the other.

PERSONAL ACTION PLAN

1. Identify the variable Which behavior or pattern deserves attention first?

2. Consider alternatives What other ways could I respond in the same situation?

3. Choose the proper response What respectful, accountable response will I practice?

4. Take action What specific step will I take, and when?

5. Measure & reassess What would show progress? Reassess after 30 days.

For reflection and personal growth only. This unvalidated self-assessment does not establish intent, diagnose conditions, or determine responsibility for a relationship outcome.