

WOULD YOU WANT TO HANG OUT WITH THEM?

MIRACLE MAN OF PHILADELPHIA | EXTERNAL BEHAVIOR ASSESSMENT

What is this person like to be around? Reflect on the behaviors you have personally observed.

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. They greet people warmly and acknowledge them when they meet.	☐ N	☐ S	☐ O	☐ R
02. They thank people for everyday help, even small favors.	☐ N	☐ S	☐ O	☐ R
03. They notice when someone feels left out and include them.	☐ N	☐ S	☐ O	☐ R
04. They consider how their decisions affect people around them.	☐ N	☐ S	☐ O	☐ R
05. They offer practical help without expecting a reward.	☐ N	☐ S	☐ O	☐ R
06. They ignore people when they have no immediate interest in talking.	☐ N	☐ S	☐ O	☐ R
07. They overlook or dismiss small acts of kindness.	☐ N	☐ S	☐ O	☐ R
08. They make plans without considering how others will be affected.	☐ N	☐ S	☐ O	☐ R
09. They act impatiently toward people who need extra time.	☐ N	☐ S	☐ O	☐ R
10. They expect appreciation while rarely expressing it themselves.	☐ N	☐ S	☐ O	☐ R

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

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

02 Selfishness & Controlling Behavior

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

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

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

03 Honesty & Trustworthiness

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

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

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

04 Emotional Stability & Anger

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

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

- A. _____
 B. _____
 C. _____

05 Communication & Listening

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

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

- A. _____
 B. _____
 C. _____

06 Empathy & Emotional Support

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

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

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

07 Personal Accountability & Humility

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

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

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

08 Jealousy & Insecurity

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

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

- A. _____
 B. _____
 C. _____

09 Positivity & Social Enjoyment

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

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

- A. _____
 B. _____
 C. _____

10 Reliability & Personal Responsibility

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

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

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

Based on what I have observed, this person might benefit from these behavioral adjustments:

- A. _____
 B. _____
 C. _____

SCORING & PERSONAL ACTION WORKSHEET

Record each variable's subtotals. Scores reflect one observer's perspective, not objective facts or a diagnosis.

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

PERSONAL ACTION PLAN

1. Identify the variable Which of their observed behaviors may deserve attention?

2. Consider alternatives What might a more constructive response look like?

3. Choose the proper response What respectful change might help?

4. Suggest an action What could you offer as supportive feedback, if welcomed?

5. Revisit later Has the behavior changed in ways you can actually observe?

For constructive reflection only. This unvalidated observer assessment is not a diagnosis or proof of another person's intent. Share results only with consent; do not use to confront or pressure anyone.