Love Practices Scale

For each of the following statements rate, by circling the corresponding number, how much or little it describes you on a scale of 1-5 where 1 = "not at all like me" 2 = "a little like me" 3 = "somewhat like me" 4 = "mostly like me" and 5 = "very much like me"

Disciplined Self Care

I am disciplined in caring for my physical, social and emotional needs.	<<not like me.............like me>> 1…..2…..3…..4…..5
I stick to a routine in my daily living that is very healthy for me.	<<not like me.............like me>> 1…..2…..3…..4…..5
I consistently take time each day to meditate, pray and/or be quietly with myself	<<not like me.............like me>> 1…..2…..3…..4…..5
I am able to overcome recurring resistance and stick to a routine that I have determined is good for me.	<<not like me.............like me>> 1…..2…..3…..4…..5

Concentration

I constantly multitask in my life and almost never do only one thing at a time. (neg)	<<not like me.............like me>> 1…..2…..3…..4…..5
I mean what I say and say what I mean when I have conversations with others.	<<not like me.............like me>> 1…..2…..3…..4…..5
I avoid trivial conversation.	<<not like me.............like me>> 1…..2…..3…..4…..5
I often chatter with friends about nothing in particular. (neg)	<<not like me.............like me>> 1…..2…..3…..4…..5
I am intensely interested in whatever I do.	<<not like me.............like me>> 1…..2…..3…..4…..5
At least one mature, loving person has been a strong presence in my life.	<<not like me.............like me>> 1…..2…..3…..4…..5
I am sensitive to my own "inner voice."	<<not like me.............like me>> 1…..2…..3…..4…..5

Patience

When something is important to me I persist in the face of obstacles	<<not like me.............like me>> 1…..2…..3…..4…..5
I am patient when things don't go my way.	<<not like me.............like me>> 1…..2…..3…..4…..5
I am willing to continue trying, even when success is not forthcoming.	<<not like me.............like me>> 1…..2…..3…..4…..5

Supreme Care

I care about being a loving person.	<<not like me.............like me>> 1…..2…..3…..4…..5
I actively seek ways to increase my capacity to be a loving human being.	<<not like me.............like me>> 1…..2…..3…..4…..5

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