

What's Draining You? Questionnaire

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Marriage/Romantic Relationships

- _____ I have unresolved conflicts with my spouse or romantic partner.
- _____ I feel a void in my life created by an unsatisfactory marriage or by the lack of a romantic partner.
- _____ My marriage or romantic relationship feels more like a parent/child or brother/sister relationship.
- _____ I am currently involved in a marriage/romantic relationship that compromises my values.
- _____ I am dissatisfied/conflicted about my sex life.
- _____ I have frequent negative thoughts or worries about my spouse or romantic partner.
- _____ I haven't forgiven my spouse or romantic partner yet for something s/he did.
- _____ My spouse or romantic partner belittles me with sarcastic comments, put downs, or name calling (or I belittle my partner with similar behavior).
- _____ I avoid telling the truth or asking directly for what I want from my spouse or romantic partner.
- _____ I daydream frequently about someone other than my spouse/romantic partner.
- _____ I lack physical touch in my daily life.
- _____ **TOTAL for Energy Drainers in Marriage/Romantic Relationships**

Spiritual and Church Life

- _____ I rarely pray or talk to God, or when I do, I pray or talk to God for just a few moments and fail to listen to His response.
- _____ I do not attend worship services on a regular basis.
- _____ I never seem to get around to reading the Bible and/or when I do, I don't understand what I read.
- _____ I am not being spiritually fed by a church.
- _____ I lack a deep connection with God.
- _____ I can't tolerate being alone or quiet for more than a few minutes.
- _____ I do not have a place of service at a church (e.g., choir member, teacher, usher, committee member, elder, etc.) or I do not enjoy the place of service I have.
- _____ I am angry at God.
- _____ Most of the people at my church irritate or disappoint me.
- _____ My personal life/family suffers because of my church/ministry involvement.
- _____ I am wearied by all the turmoil at my church.
- _____ There are "hard feelings" between me and another person at my church.
- _____ I have serious reservations about one or more of my church's staff members.
- _____ **TOTAL for Energy Drainers in Spiritual and Church Life**

Fun and Recreation

- _____ I watch too much television or spend too much time on the computer.
- _____ I don't have much to look forward to each day or week.
- _____ I can't remember the last time I really had fun.
- _____ I never seem to find the time to read books or articles which interest me.
- _____ I don't have any hobbies (or I never seem to have time for hobbies).
- _____ I would like to take a vacation and more time off but it never seems to happen.
- _____ It's hard for me to relax without feeling guilty or restless.
- _____ Outside of work, there is little in my life that is intellectually stimulating to me.
- _____ I don't laugh nearly enough.
- _____ I am rarely, if ever, silly.
- _____ I don't like to try anything new.
- _____ **TOTAL for Energy Drainers in Fun and Recreation**

Home and Personal Order

- _____ My personal papers (files, receipts, etc.) are a mess.
- _____ My closets/basement/garage are disorganized and need cleaning.
- _____ My car needs cleaning and/or repair.
- _____ I don't like the part of the country where I live.
- _____ I don't sleep well because of something in my bedroom (lumpy mattress, noise, etc.)
- _____ There is not enough light in my environment.
- _____ My home is not decorated to my liking.
- _____ I often bump into or injure myself on items in my home.
- _____ I am embarrassed by my home's clutter and disorganization.
- _____ I have a home decorating and/or home remodeling/repair project that is incomplete.
- _____ I am bothered by my environment lacking beauty or color.
- _____ I don't enjoy my apartment/home.
- _____ (If you like music) I rarely listen to enjoyable music during my day.
- _____ (If you like silence) I rarely have silence in my day.
- _____ **Total for Energy Drainers in Home and Personal Order**

Work/Career

- _____ I do not like my job.
- _____ My work environment is depressing, disorganized, or dangerous.
- _____ My work is more stressful than it should be and I am exhausted by day's end.
- _____ I don't have relationships with people who can assist in my career development.
- _____ There is a necessary confrontation or conflict at work that I am avoiding.
- _____ I tolerate unacceptable behavior from my boss, coworkers, or clients.
- _____ My lack of computer skills holds me back professionally.
- _____ I work too many hours.
- _____ I don't have the office or work equipment or training that I need to do my job well.
- _____ I am often late for work or can only get there on time with great effort.
- _____ My work is routine and there is no room for creativity.
- _____ I have a hard time delegating work to others effectively.
- _____ I am not paid enough/do not charge enough for my work.
- _____ I feel overwhelmed by the mail, magazines, newspapers, books, and e-mail I receive.
- _____ **Total for Energy Drainers in Work/Career**

Physical and Mental Health

- _____ I regularly eat food that is unhealthy.
- _____ I use caffeine to get me going.
- _____ I am bothered by some aspect of my physical appearance.
- _____ I do not go to the dentist on a regular basis.
- _____ I use sugar to give me a boost of energy or to soothe myself.
- _____ When I wake up, I rarely feel fully rested.
- _____ I never seem to find the time to exercise regularly.
- _____ I have a health (physical or emotional) concern for which I have avoided getting help.
- _____ I rush and use adrenaline to get through my day.
- _____ My hair, nails, or teeth are not the way I want them.
- _____ I use too much alcohol or use tobacco products.
- _____ I have an unacceptable habit that I cannot seem to stop.
- _____ My medical insurance is inadequate or nonexistent.
- _____ **Total for Energy Drainers in Physical and Mental Health**

Finances

- _____ My finances do not permit tithing or giving to my church.
- _____ I usually pay my bills late.
- _____ I save or invest less than 10% of my income.
- _____ I spend more than I earn.
- _____ My income source is unstable and unpredictable.
- _____ I have tax returns that need to be filed or taxes that are not paid.
- _____ My credit rating is lower than I would like.
- _____ My assets (car, home, possessions) are not insured or are underinsured.
- _____ I do not pay my credit cards in full each month.
- _____ My investments cause me worry.
- _____ I do not have adequate life insurance coverage.
- _____ I don't know where my money goes each month.
- _____ I don't have a plan for paying off the debt I have.
- _____ **Total for Energy Drainers in Finances**

Family and Friends

- _____ I gossip and say things about others that I would not want them to hear.
- _____ I have an unresolved conflict with a friend or family member.
- _____ Some of my family, friends, or acquaintances repeatedly drag me down, drain my energy, or wound me.
- _____ I lack meaningful friendships in my life.
- _____ I let misunderstandings and miscommunications slide by without correcting them.
- _____ I still haven't forgiven a family member or friend for something s/he did.
- _____ I usually complain rather than make requests for change in relationships.
- _____ I do not have a network of friends or family who love and support me.
- _____ I have an unhealthy relationship that I need to end.
- _____ My feelings are easily hurt and I tend to "take personally" the things people say to me.
- _____ I am worried about a difficult conversation I need to have with someone.
- _____ I need to return several phone calls, e-mails, or letters.
- _____ **Total for Energy Drainers in Family and Friends**

_____	/11	Total for Energy Drainers in Marriage/Romantic Relationship
+	_____	/13 Total for Energy Drainers in Spiritual and Church Life
+	_____	/11 Total for Energy Drainers in Fun and Recreation
+	_____	/13 Total for Energy Drainers in Home and Personal Order
+	_____	/14 Total for Energy Drainers in Work/Career
+	_____	/13 Total for Energy Drainers in Physical and Mental Health
+	_____	/13 Total for Energy Drainers in Finances
+	_____	/12 Total for Energy Drainers in Family and Friends
=	_____	/100 TOTAL for ALL Energy Drainers

If you started with 100 points worth of life energy, what's left now for what is really important in your life? Are you singing the Juice Box Blues?

Imagine a life where all these items are handled for good. How much more energy would you have to dedicate to your priorities and values?

Reprinted from:

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Available as a set of 4 audio CD’s and workbook on her website www.jenniferdegler.com

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