

Thank you for answering the following questions. The purpose for this survey is to verify if the Thriving training model noticeably increases a person's capacity for joy.

Age:	18<30	30< 40	40<50	50<85	(self-explanatory)
Sex:	Male		Female		(self-explanatory)
Marital Status:	Single	Married	Divorced	Widowed	(Choose your current status)
Occupation:					(What is your current job?)
Church Attendance:	New Life		Other		(This question is ONLY designed to see who may have heard of Thriving principles before attending a Thriving group.)
Prior Experience with Thriving:	Restarting	Belonging	Healing	Loving	(What sections have you attended or completed?)
Prior Experience with Teachers:	Ed Khouri	Maritza Khouri	Jim Wilder	Karl Lehman	(Have you heard these speakers before?)
Experience with Other Groups:					(Have you participated in other groups?)
Are you currently a counselor or group facilitator?	No	Yes, with Thriving	Yes, but not with Thriving	yes, licensed in mental health	(Are you trained in counseling?)
Survey Date:	Private ID #		_ _ _ _		(Birth <b>day</b> + Last 2 digits of SS # =4 digits) example my birthday is January 12. I will use 12 as the first 2 digits and the last 2 digits of my social security number will be the last 2 digits of my private id#

**Personal Statements-** Mark how you feel about each of the following statements.

Be as genuine as possible. There is no wrong answer.

1	People enjoy being with me even when they know me well.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
2	People enjoy being with me UNTIL they know me well.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
3	I belong to a casual group of friends I enjoy being with on a regular basis.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
4	I belong to a spiritual group that I enjoy attending.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
5	I attend a required formal group that I enjoy.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
6	My friends are generally glad to see me.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
7	My friends SEEM glad to see me, but I'm not sure they really are.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
8	I have at least one close friend who enjoys being with me and encourages me no matter how I feel.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
9	I know at least one person I enjoy being with no matter how that person feels.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
10	My friends would say that I am a joyful person.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
11	I am a joyful person even when I am alone.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
12	My friends can usually make me laugh even after I am angry or upset.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
13	I laugh a lot even when I am alone.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
14	Life's too serious right now to be happy.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
15	I genuinely enjoy celebrating the success of others I know.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree

16	I want to enjoy celebrating the success of others I know, but I secretly feel too sad when others are happy.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
17	I sometimes feel anxious and upset. But I am learning how to quiet and calm myself.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
18	When I feel negative, I know others can help me return to joy.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
19	When others feel negative, I can help them return to joy.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
20	When I feel ashamed of my behavior I generally find it difficult to connect with others who can help me return to joy and rest.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
21	When I feel ashamed of my behavior, I am learning to quiet and calm myself. I can then turn to God and/or someone else to help me return to joy.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
22	I am sometimes disgusted by the way I allow old friends or old habits to bring me down.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
23	When I feel disgusted about my behavior, I am learning to quiet and calm myself. I can then turn to God and/or someone else to help me return to joy.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree

24	If I become fearful, I generally NEED something or someone to "calm my nerves."	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
25	If I become fearful or worried, I am learning to quiet and calm myself. I can then turn to God and/or someone else to help me return to joy.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
26	If I experience a negative emotion, I tend to use something external to make me feel better. (alcohol, drugs, cigarettes, sex, internet, gambling, comfort food, etc.)	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
27	If I experience a negative emotion, I know how to return to a better mood. Yet sometimes I decide to use something external to make me feel better instead. (alcohol, drugs, cigarettes, sex, internet, gambling, comfort food, etc.)	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
28	If I experience a negative emotion, I could waste an entire day in a bad mood unless someone helps me return to joy.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
29	Sometimes I get in such a happy mood that I tend to use something external to help me celebrate. (alcohol, drugs, cigarettes, sex, internet, gambling, comfort food, etc.)	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
30	I feel more connected with God and/or with others than I have felt in the past.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
31	I have a greater sense of hope for the future now that I have a positive attachment with God and/or others.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree
32	I feel good about my future.	I strongly agree	I agree	I am neutral	I disagree	I strongly disagree

**Thank you for your responses.**