

Are You AWESOME!?

Take the Are you AWESOME!? QUIZ to find out more about yourself!

The short answer is YES! You are AWESOME!

"You will make a lousy anybody else, but you are the best you in existence. You are the only one who can use your ability. It is an AWESOME responsibility." ~ Zig Ziglar, Author, Speaker and Father of Motivational Speaking, (1926 --)

But the real question is;

Do you THINK you are AWESOME?
Do you consider yourself AWESOME but THINK otherwise (without even knowing it!)?

After you take the Quiz, follow this AWESOME link to learn more about what it really means to be AWESOME!

Please answer these questions as honestly and directly as possible without a great deal of thought and then skip down to the bottom for a disclaimer and your AWESOME (or not!) results.

1. Do you find yourself measuring your performance as a "success" or a "failure" rather than a blend of outcomes?

Yes No Sometimes

2. When following a negative or a positive episode do you see it as an indication of a series of episodes a pattern or trend?

Yes No Sometimes

3. When a negative detail is thrust upon you or materializes do you focus on it exclusively in an effort towards resolution?

Yes No Sometimes

4. If you establish and meet a personal or professional goal; or experience an unanticipated positive outcome do you consider it luck or challenge yourself to set your goals higher?

Yes No Sometimes

5. If you conclude that someone is reacting negatively to you do you predict that his or her negative reaction is inevitable rather than trying to validate or understand their feelings?

Yes No Sometimes

6. When you goof up do you tend to believe it will have a significantly negative impact on those around you; or when others succeed do you tend to glorify their results greater than your own?

Yes No Sometimes

7. Do you believe in your gut negative feelings and convince yourself that they are an "omen" of sorts or strong enough that they must be true?

Yes No Sometimes

8. Do you "self-motivate" through self challenges with an inner dialogue intended to create urgency and stimulate action by saying you "should" or "must" do something?

Yes No Sometimes

9. Do you put a name on your pain describing or labeling yourself as a "loser" or your adversaries as "morons" or "idiots"?

Yes No Sometimes

10. Do you hold yourself responsible for or even as the cause of external negative events thinking that you should have some how avoided or prevented them?

Yes No Sometimes

Please read BEFORE scoring: If you only took this Quiz as sport and do not care about the outcomes then please DO NOT read any further. However, if you took the Quiz for a reason and wish to learn from it then skip down and read the disclaimer first... then the results.

The AWESOME results and scoring guidelines (see Disclaimer below):

For every:

NO give yourself ZERO POINTS _____

YES, give yourself TWO POINTS _____

SOMETIMES give yourself ONE POINT _____

Total points*: _____

* I cannot provide you a sliding scale that interprets your score because that would be taking this Quiz too scientifically (see disclaimer). However, if you have a score higher than TEN points I would be concerned that your thinking is not presently AWESOME. The assumption is that any one of these thinking traits may be acceptable when used occasionally or sometimes (thus the neutral scoring of TEN coming from an average of one point on each question) but this thinking becomes problematic when used ALWAYS or in tandem with numerous others.

This Quiz is Lon's attempt to draw your attention to the "Ten Cognitive Distortions" identified by David Burns, MD, in his book; "Feeling Good: The New Mood Therapy"

The following is the "Cognitive Distortion" each question ATTEMPTS to represent.

1. All-or-Nothing Thinking
2. Overgeneralization
3. Mental Filter
4. Disqualifying the Positive
5. Jumping to Conclusions
6. Magnification (Catastrophizing) or Minimization
7. Emotional Reasoning
8. Should Statements
9. Labeling or Mislabeled
10. Personalization

Disclaimer: Lon Kieffer is not a Clinical Specialist in the field of depression and this should not be considered a scientific

or diagnostic test. This Quiz was created by Lon (without permission or endorsement by the authors) following his reading and study of several books on the subject of Mood Therapy, particularly a very successful book entitled "Feeling Good" by David Burns, MD.

This Quiz is Lon's attempt to call attention to the "Ten Cognitive Distortions" as identified by Dr. Burns that, when used predominantly or consistently, can lead us into a depressed state.

Again, Lon is not a clinician or expert; just a believer in Dr. Burns and if your score indicates that you may have these tendencies along with any personal feelings of despair or a lingering depressed mood....

Please read: "Feeling Good: The New Mood Therapy" by David D. Burns, MD and/or see your personal physician.