

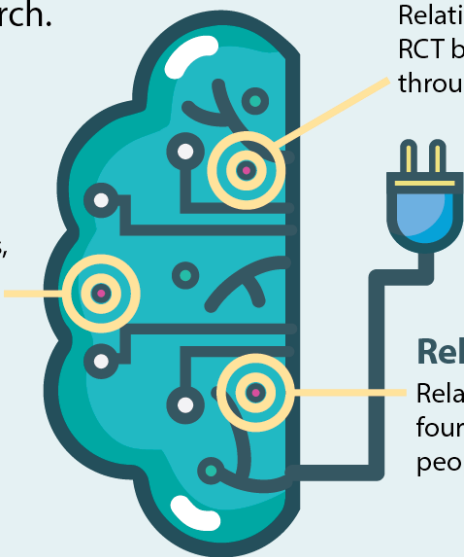
The C.A.R.E. Relational Assessment

The C.A.R.E. Program

The C.A.R.E. Program knits together three areas of theory and research.

Neuroplasticity

Use it or lose it. Neurons that fire together wire together. Neurons, like people, function best when they are richly interconnected in communities (neural networks).



Relational-Cultural Theory (RCT)

Relational-Cultural Theory (RCT) believes that human growth is through and toward healthy relationship.

Relational Neuroscience

Relational Neuroscience which identifies four neural pathways that are used by people to form relationships.

The C.A.R.E. Program, featured in the book, *"Four Ways to Click: Rewire Your Brain for Stronger, More Rewarding Relationships"* is an innovative way to build and improve relationships in your life. Research now clearly shows that forming stronger, more rewarding relationships is the clearest way to improve your overall health and well-being. It is the ultimate win-win scenario!

Enter the names of **up to five people** and respond to each of the questions below on a scale of 1-5 for each.

1=None or never / 2=Rarely or minimal / 3=Some of the time / 4=More often than not; medium high / 5=Usually; very high

	Person 1	Person 2	Person 3	Person 4	Person 5	SCORE	CODE
1 I trust this person with my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Calm
2 This person trusts me with his/her feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Calm

3 I feel safe being in conflict with this person.

Calm

4 This person treats me with respect.

Calm

5 In this relationship I feel calm.

**Calm
Accepted**

6 I can count on this person to help me out in an emergency.

**Calm
Accepted**

7 In this relationship, it's safe to acknowledge our differences.

**Calm
Accepted**

8 When I am with this person, I feel a sense of belonging.

Accepted

9 Despite our different roles, we treat each other as equals.

Accepted

10. I feel valued in this relationship.

Accepted

11 There is give and take in this relationship.

Accepted

12 This person is able to sense how I feel.

Resonant

13 I am able to sense how this person feels.

Resonant

14 With this person I have more clarity about who I am.

Resonant

15 I feel that we "get" each other.

Resonant

16 I am able to sense that my feelings impact this person.

Resonant

17 This relationship helps me be more productive in my life.

Energetic

18 18.I enjoy the time I spend with this person.

Energetic

19 Laughter is a part of this job.

Energetic

20 In this relationship, I feel more energetic.

Energeti

SAFETY GROUP SCORE

C.A.R.E. Score Results

Calm

Energetic

Your score is _____

Your score is _____

135 - 175 : High
100 - 134 : Moderate
below 100 : Low

75 - 100 : High
55 - 74 : Moderate
below 54 : Low

Accepted

Your score is _____

135 - 175 : High
100 - 134 : Moderate
below 100 : Low

Resonant

Your score is _____

95 - 125 : High
70 - 94 : Moderate
below 70 : Low