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| --- | --- |
| 1. **NAME** of the resource / tool
 | **Body Awareness Questionnaire** |
| 1. **WHAT** is the purpose of the resource / tool?
 | This brief self-assessment can be used to explore how aware of and connected you are to what your body communicates. |
| 1. **WHO** developed the resource / tool? (If it was adapted from an existing document, please include a citation for the original source.)
 | Developed by:Shields, S.A., Mallory, M.E., & Simon, A. (1989). The Body Awareness Questionnaire: Reliability and validity. Journal of Personality Assessment, 53, 802-815.  Source: http://www.yorku.ca/rokada/psyctest/baware.pdf  |
| 1. **HOW** should the resource / tool be used?
2. *What circumstances are ideal/appropriate?*
3. *By whom and when?*
4. *Is a particular skill set or special preparation needed?*
 | As a reference for:* Exploring leadership styles, conflict resolution styles and self care practices.
* Mindful leadership and emotional intelligence training or coaching

Ideally, these discussions should be guided by a trainer/coach who is well-versed in mind/body connection theory and practice. |
| 1. **WHY** is this resource being recommended? (What makes is especially effective or useful for community-based work?)
 | Community work can be physically and emotional demanding. Body awareness can help us learn how to recognize stress as it occurs and escalates. In moments of high stress, we can use our body to actually calm ourselves down and feel more centered/grounded, which also enhances our communication and decision-making abilities. |

**Body Awareness Questionnaire**

Instructions

Listed below are a number of statements regarding your sensitivity to normal, non-emotive body processes. For each statement, select a number from 1 to 7 that best describes how the statement describes you and place the number in the box to the right of the statement.

Not at all Very true

true of me of me

1 2 3 4 5 6 7

 *Score*

|  |  |
| --- | --- |
| 1. I notice differences in the way my body reacts to various foods.
 |  |
| 1. I can always tell when I bump myself whether or not it will become a bruise.
 |  |
| 1. I always know when I’ve exerted myself to the point where I’ll be sore the next day.
 |  |
| 1. I am always aware of changes in my energy level when I eat certain foods.
 |  |
| 1. I know in advance when I’m getting the flu.
 |  |
| 1. I know I’m running a fever without taking my temperature.
 |  |
| 1. I can distinguish between tiredness because of hunger and tiredness because of lack of sleep.
 |  |
| 1. I can accurately predict what time of day lack of sleep will catch up with me.
 |  |
| 1. I am aware of a cycle in my activity level throughout the day.
 |  |
| 10. I don’t notice seasonal rhythms and cycles in the way my body functions.\*  |  |
| 1. As soon as I wake up in the morning, I know how much energy I’ll have during the day.
 |  |
| 1. I can tell when I go to bed how well I will sleep that night.
 |  |
| 1. I notice distinct body reactions when I am fatigued.
 |  |
| 1. I notice specific body responses to changes in the weather.
 |  |
| 1. I can predict how much sleep I will need at night in order to wake up refreshed.
 |  |
| 1. When my exercise habits change, I can predict very accurately how that will affect my energy level.
 |  |
| 1. There seems to be a “best” time for me to go to sleep at night.
 |  |
| 1. I notice specific bodily reactions to being overhungry.
 |  |

Note: \* indicates a reversed scored item.

References: Shields, S.A., Mallory, M.E., & Simon, A. (1989). The Body Awareness Questionnaire: Reliability and validity. Journal of Personality Assessment, 53, 802-815.