

BASIC SIGNS OF GOOD PSYCHOLOGICAL HEALTH

- 1. The ability to “bounce back” from the stresses of life without unnecessary worry or resentment, and with a willingness to continue all of life’s new possibilities.**
- 2. The ability to judge reality pretty accurately.**
- 3. The ability to see and perhaps appreciate the long-range effects of our choices.**
- 4. The ability to love and the courage to love again, over and over, even with the same person.**
- 5. The ability to work productively and not just for money.**
- 6. The ability to satisfy our bodily and physical needs without harm to others or to ourselves.**
- 7. The ability to exercise one’s conscience and to live with self-restraint by knowing that our own behavior causes our own feelings.**
- 8. The ability to master emotional and behavioral self-control, which is the essence of life as a full adult.**
- 9. The ability to self-correct; after all, the only meaningful difference between people is their ability (or willingness) to learn.**
- 10. The ability to recognize that the problem is rarely other people, and that it is not what happens to us, but what we say to ourselves about what happens to us, that will determine how we feel.**

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