



WHAT ARE YOU CARRYING?™

A Self-Assessment Based on the 5R Restoration Model®

RESTORATION PSYCHOLOGY INSTITUTE™ STANDARD EDITION

Assessment Overview

PURPOSE

Provides a snapshot of your current restoration across the Five Dimensions of Restoration™, based on the 5R Restoration Model®. Results are intended to increase self-awareness and identify areas where restoration may be most beneficial at this point in time.

INTENDED USE

Designed for educational, coaching, leadership development, ministry, organizational, and personal reflection purposes. This assessment is not intended to diagnose, treat, or replace professional mental health care.

ADMINISTRATION

Estimated Time: Approximately 10 minutes
Time Frame: Respond based on your experiences over the past 30 days. Answer each statement honestly using the scale provided.

RESPONSE SCALE

0 = Rarely True
1 = Sometimes True
2 = Usually True
3 = Consistently True



Recognition

Awareness of What You Are Carrying

1. I recognize when my thoughts or emotions begin to feel overwhelming.	☐ 0 ☐ 1 ☐ 2 ☐ 3
2. I notice changes in my overall well-being as they begin to develop.	☐ 0 ☐ 1 ☐ 2 ☐ 3
3. I am aware of how stress affects my thoughts, emotions, and physical well-being.	☐ 0 ☐ 1 ☐ 2 ☐ 3
4. I recognize when the demands in my life begin to exceed my available capacity.	☐ 0 ☐ 1 ☐ 2 ☐ 3
5. I recognize when my responsibilities or circumstances are creating significant strain in my life.	☐ 0 ☐ 1 ☐ 2 ☐ 3
6. I recognize when multiple demands or stressors begin to accumulate.	☐ 0 ☐ 1 ☐ 2 ☐ 3
7. I recognize when I am carrying burdens that are affecting my well-being.	☐ 0 ☐ 1 ☐ 2 ☐ 3
8. I recognize when I am overlooking or minimizing burdens I am carrying.	☐ 0 ☐ 1 ☐ 2 ☐ 3

Recognition

Awareness of What You Are Carrying

9. I can distinguish between everyday stress and burdens that require deeper attention.	☐ 0 ☐ 1 ☐ 2 ☐ 3
10. I recognize when I am approaching my personal limits.	☐ 0 ☐ 1 ☐ 2 ☐ 3
11. I notice when I continue carrying more than I can realistically manage.	☐ 0 ☐ 1 ☐ 2 ☐ 3
12. I recognize when the pace or demands of my life are no longer sustainable.	☐ 0 ☐ 1 ☐ 2 ☐ 3
13. I recognize areas of my life that would benefit from restoration.	☐ 0 ☐ 1 ☐ 2 ☐ 3
14. I recognize early signs that my overall well-being is declining.	☐ 0 ☐ 1 ☐ 2 ☐ 3
15. I can identify where restoration is most needed in my life.	☐ 0 ☐ 1 ☐ 2 ☐ 3
16. I recognize when I am avoiding thoughts, emotions, or situations that need my attention.	☐ 0 ☐ 1 ☐ 2 ☐ 3
17. I recognize when one area of my life begins to consume too much of my time or energy.	☐ 0 ☐ 1 ☐ 2 ☐ 3
18. I recognize when my needs have gone unmet for an extended period of time.	☐ 0 ☐ 1 ☐ 2 ☐ 3



Regulation

Responding to What You Are Carrying

1. I am able to remain steady as stress begins to build.	☐ 0 ☐ 1 ☐ 2 ☐ 3
2. I can recognize rising stress and respond before it escalates.	☐ 0 ☐ 1 ☐ 2 ☐ 3
3. I can keep my reactions from becoming larger than the situation requires.	☐ 0 ☐ 1 ☐ 2 ☐ 3
4. I pause before responding when emotions become intense.	☐ 0 ☐ 1 ☐ 2 ☐ 3
5. I adjust my response when I realize it is not helping me.	☐ 0 ☐ 1 ☐ 2 ☐ 3

Regulation

Responding to What You Are Carrying

6. I can redirect myself before reacting in ways I may later regret.	☐ 0 ☐ 1 ☐ 2 ☐ 3
7. I adjust my approach when my first response is not effective.	☐ 0 ☐ 1 ☐ 2 ☐ 3
8. I can let go of reactions that are no longer helpful.	☐ 0 ☐ 1 ☐ 2 ☐ 3
9. I can move from reacting automatically to responding intentionally.	☐ 0 ☐ 1 ☐ 2 ☐ 3
10. I recover my ability to think clearly after experiencing stress.	☐ 0 ☐ 1 ☐ 2 ☐ 3
11. I restore a sense of internal balance after stressful experiences.	☐ 0 ☐ 1 ☐ 2 ☐ 3
12. I return to a state where I can make thoughtful decisions.	☐ 0 ☐ 1 ☐ 2 ☐ 3
13. I recover my ability to connect with others after emotional strain.	☐ 0 ☐ 1 ☐ 2 ☐ 3



Reframing

Seeing What You Are Carrying Differently

1. I am able to consider more than one way of understanding difficult experiences.	☐ 0 ☐ 1 ☐ 2 ☐ 3
2. I can question my first interpretation of challenging situations.	☐ 0 ☐ 1 ☐ 2 ☐ 3
3. I can develop a more balanced understanding of difficult experiences.	☐ 0 ☐ 1 ☐ 2 ☐ 3
4. I can make sense of difficult experiences without minimizing their impact.	☐ 0 ☐ 1 ☐ 2 ☐ 3
5. I am able to hold both pain and purpose at the same time.	☐ 0 ☐ 1 ☐ 2 ☐ 3
6. I can develop a more meaningful understanding of my experiences over time.	☐ 0 ☐ 1 ☐ 2 ☐ 3
7. I am able to separate my experiences from my worth as a person.	☐ 0 ☐ 1 ☐ 2 ☐ 3

Reframing

Seeing What You Are Carrying Differently

8. I can see myself as more than what has happened to me.	☐ 0 ☐ 1 ☐ 2 ☐ 3
9. I can recognize that difficult experiences have influenced me without believing they define me.	☐ 0 ☐ 1 ☐ 2 ☐ 3
10. I am able to reconsider conclusions I have drawn about myself.	☐ 0 ☐ 1 ☐ 2 ☐ 3
11. I can develop a more balanced understanding of who I am.	☐ 0 ☐ 1 ☐ 2 ☐ 3
12. I am able to believe my future can be different from my past.	☐ 0 ☐ 1 ☐ 2 ☐ 3
13. I am able to recognize that difficult experiences do not determine my future.	☐ 0 ☐ 1 ☐ 2 ☐ 3
14. I am able to imagine a meaningful future despite difficult experiences.	☐ 0 ☐ 1 ☐ 2 ☐ 3
15. I can see that my story is still being written.	☐ 0 ☐ 1 ☐ 2 ☐ 3
16. I can understand my future as containing more than my current struggles.	☐ 0 ☐ 1 ☐ 2 ☐ 3



Rebuilding

Building a Life That Reflects What You've Learned

1. I intentionally make changes that reflect what I have learned about myself.	☐ 0 ☐ 1 ☐ 2 ☐ 3
2. I make choices that align with the understanding I have gained from difficult experiences.	☐ 0 ☐ 1 ☐ 2 ☐ 3
3. I take meaningful steps toward the life I am building, even when change feels difficult.	☐ 0 ☐ 1 ☐ 2 ☐ 3
4. I continue making intentional changes even when I do not immediately see results.	☐ 0 ☐ 1 ☐ 2 ☐ 3
5. I am willing to do difficult things that support long-term growth.	☐ 0 ☐ 1 ☐ 2 ☐ 3
6. I make choices based on my values rather than only reacting to circumstances.	☐ 0 ☐ 1 ☐ 2 ☐ 3

Rebuilding

Building a Life That Reflects What You've Learned

7. I take responsibility for the changes that are within my control.	☐ 0 ☐ 1 ☐ 2 ☐ 3
8. I establish healthier boundaries when they are needed.	☐ 0 ☐ 1 ☐ 2 ☐ 3
9. I intentionally move away from patterns that repeatedly cause harm.	☐ 0 ☐ 1 ☐ 2 ☐ 3
10. I develop habits that support the life I am building.	☐ 0 ☐ 1 ☐ 2 ☐ 3
11. I make daily choices that reflect my priorities.	☐ 0 ☐ 1 ☐ 2 ☐ 3
12. My daily actions increasingly reflect what I believe.	☐ 0 ☐ 1 ☐ 2 ☐ 3
13. I follow through on the changes that are important to me.	☐ 0 ☐ 1 ☐ 2 ☐ 3
14. I practice new ways of living even when they have not yet become easy.	☐ 0 ☐ 1 ☐ 2 ☐ 3
15. I intentionally choose what supports the life I am building.	☐ 0 ☐ 1 ☐ 2 ☐ 3
16. I intentionally organize my time around what matters most.	☐ 0 ☐ 1 ☐ 2 ☐ 3
17. I intentionally adjust my environment to support healthy change.	☐ 0 ☐ 1 ☐ 2 ☐ 3
18. I consistently make choices that support the person I am becoming.	☐ 0 ☐ 1 ☐ 2 ☐ 3



Restoration

Living Fully, Whatever Life Brings

1. I am able to accept difficult realities without becoming consumed by them.	☐ 0 ☐ 1 ☐ 2 ☐ 3
2. I no longer feel the need to fight realities I cannot change.	☐ 0 ☐ 1 ☐ 2 ☐ 3
3. I can acknowledge painful experiences without feeling trapped by them.	☐ 0 ☐ 1 ☐ 2 ☐ 3

Restoration

Living Fully, Whatever Life Brings

4. I continue moving forward even when life remains challenging.	☐ 0 ☐ 1 ☐ 2 ☐ 3
5. I keep moving forward without waiting for everything to feel resolved.	☐ 0 ☐ 1 ☐ 2 ☐ 3
6. I continue walking forward without being defined by what I carry.	☐ 0 ☐ 1 ☐ 2 ☐ 3
7. I am able to carry life's burdens without feeling defeated by them.	☐ 0 ☐ 1 ☐ 2 ☐ 3
8. I can carry difficult experiences without losing my sense of who I am.	☐ 0 ☐ 1 ☐ 2 ☐ 3
9. I remain grounded even when life changes in unexpected ways.	☐ 0 ☐ 1 ☐ 2 ☐ 3
10. I can face uncertainty without losing my footing.	☐ 0 ☐ 1 ☐ 2 ☐ 3
11. Difficult seasons no longer shake my entire sense of self.	☐ 0 ☐ 1 ☐ 2 ☐ 3
12. My past is part of my story, but it no longer controls it.	☐ 0 ☐ 1 ☐ 2 ☐ 3
13. I increasingly live from who I am rather than from what happened to me.	☐ 0 ☐ 1 ☐ 2 ☐ 3
14. I no longer feel like I must control everything in order to be okay.	☐ 0 ☐ 1 ☐ 2 ☐ 3
15. I am able to let go of what is outside my control.	☐ 0 ☐ 1 ☐ 2 ☐ 3
16. I am able to live fully without needing life to be free of hardship.	☐ 0 ☐ 1 ☐ 2 ☐ 3
17. I continue moving forward without allowing setbacks to define my future.	☐ 0 ☐ 1 ☐ 2 ☐ 3

Assessment Complete

YOU'VE COMPLETED THE WHAT ARE YOU CARRYING?™ ASSESSMENT.

Your responses provide a snapshot of your current restoration across the Five Dimensions of Restoration™.

This snapshot reflects your experiences at this point in time and may change as your circumstances, relationships, and practices evolve.

Continue to the next page to calculate your scores and view your Restoration Profile™.

Scoring Your Assessment

CALCULATE YOUR SCORES

Use your responses from each section of the assessment to calculate your scores across the Five Dimensions of Restoration™. Each dimension reflects a different aspect of your current restoration journey. After calculating your Total Scores, use the formula provided for each dimension to calculate your Profile Score (%). These scores provide the foundation for Your Restoration Profile™ on the next page.

SCORING INSTRUCTIONS

1. Add the values for each item within each restoration dimension.
2. Record your **Total Score** for each dimension.
3. Calculate your **Profile Score (%)** by dividing your **Total Score** by the maximum score shown for that dimension, then multiplying by 100. Round to the nearest whole number.
4. Record each **Profile Score (%)** in the table below.
5. Calculate your **Overall Restoration Index** by averaging your five **Profile Scores**. Record your **Overall Restoration Index** in the space provided, then transfer your results to **Your Restoration Profile™** on the next page.

Complete the table below to calculate your Profile Scores. Higher Profile Scores indicate greater restoration within that specific dimension.

Dimension	Total Score	Formula	Profile Score (%)
 Recognition		$\text{Total} \div 54 \times 100$	
 Regulation		$\text{Total} \div 39 \times 100$	
 Reframing		$\text{Total} \div 48 \times 100$	
 Rebuilding		$\text{Total} \div 54 \times 100$	
 Restoration		$\text{Total} \div 51 \times 100$	
Overall Restoration Index			

Your scores become meaningful when viewed together. Continue to the next page to explore Your Restoration Profile™.

YOUR RESTORATION PROFILE™

A snapshot of your current restoration across the Five Dimensions of Restoration™.

Transfer your Profile Scores from the previous page to complete your Restoration Profile™. Then, underline the dimension with your highest Profile Score (your Strongest Dimension) and circle the dimension with your lowest Profile Score (your Greatest Opportunity for Restoration). If two or more dimensions receive the same Profile Score, underline or circle each tied dimension and read all corresponding interpretations. Continue to the following pages to learn what your results may suggest about your current restoration journey.

Overall Restoration Index: _____ %

Overall Restoration Index	Understanding Your Overall Restoration Index
0–19%	Restoration has likely been difficult to access recently. You may be carrying more than your current resources can support.
20–39%	Restoration appears to be emerging. Some foundations are present, but several areas may benefit from intentional attention.
40–59%	Restoration is developing across multiple dimensions, though some areas may remain inconsistent or require strengthening.
60–79%	Restoration appears to be well established across much of your life, with opportunities for continued growth.
80–100%	Restoration appears to be a consistent pattern in your life. Continue strengthening the practices and relationships that support it.

BEFORE YOU CONTINUE...

Take a moment to review your results before reading the following pages.

- Which score surprised you the most?
- Which dimension feels most accurate to your current season of life?
- Which dimension would you most like to strengthen over the coming weeks?

NOTE ABOUT YOUR RESULTS

Your Restoration Profile™ reflects your current experiences at this point in time. Restoration is **dynamic**, and your profile may change as your circumstances, relationships, and practices evolve. Use these results as a starting point for reflection and intentional growth, not as a permanent label.

Next: Continue to the following pages to explore what your **Strongest Dimension** and **Greatest Opportunity for Restoration** may suggest about your current restoration journey.

Understanding Your Strongest Dimension

INTRODUCTION

Your strongest dimension represents the area of restoration with your highest current Profile Score. This does not mean the journey is complete. Rather, it highlights a strength that may support your continued growth and serve as a foundation for restoring other areas of your life.

Locate the dimension you underlined on the previous page and read the corresponding interpretation below.

Dimension	What This May Suggest
 Recognition	You demonstrate a strong awareness of your thoughts, emotions, experiences, and the factors that influence your well-being. This awareness provides an important foundation for intentional growth, helping you recognize both the challenges you carry and the resources available to support your restoration.
 Regulation	You demonstrate the ability to respond to life's challenges with emotional and behavioral steadiness, even during difficult circumstances. Your capacity to manage thoughts, emotions, and reactions provides a stable foundation for navigating adversity while supporting continued restoration.
 Reframing	You demonstrate an ability to consider new perspectives, identify meaning within difficult experiences, and adapt your thinking when faced with challenges. This flexibility supports resilience and creates opportunities for continued personal growth and restoration.
 Rebuilding	You demonstrate a pattern of taking intentional action toward creating healthy habits, relationships, environments, and routines that support long-term well-being. Your commitment to meaningful change provides momentum for continued restoration.
 Restoration	You demonstrate an ability to integrate awareness, regulation, reframing, and rebuilding into a pattern of sustainable well-being. While restoration is an ongoing process, your current profile suggests you have established a strong foundation for continued growth and human flourishing.

Your strongest dimension provides a foundation for continued growth. Continue to the next page to explore your Greatest Opportunity for Restoration and discover where intentional attention may further support your restoration journey.

Understanding Your Greatest Opportunity for Restoration

INTRODUCTION

Your greatest opportunity for restoration represents the dimension with your lowest current Profile Score. Rather than indicating weakness or failure, this dimension may identify an area where intentional attention and practice may foster meaningful growth.

Locate the dimension you circled on the previous page and read the corresponding interpretation below.

Dimension	What This May Suggest
 Recognition	You may benefit from developing greater awareness of your thoughts, emotions, experiences, and the factors influencing your well-being. Increasing awareness is often the first step toward recognizing what you are carrying and identifying the resources that can support meaningful restoration.
 Regulation	You may benefit from strengthening your ability to manage thoughts, emotions, and behavioral responses during times of stress or adversity. Developing healthy regulation skills can provide greater stability while supporting long-term restoration and resilience.
 Reframing	You may benefit from exploring new perspectives, identifying meaning within difficult experiences, and challenging unhelpful patterns of thinking. Strengthening this dimension can foster greater resilience, adaptability, and hope.
 Rebuilding	You may benefit from taking intentional steps toward establishing healthy habits, relationships, environments, and routines that support your well-being. Small, consistent actions can create meaningful momentum toward lasting restoration.
 Restoration	You may benefit from intentionally integrating awareness, regulation, reframing, and rebuilding into a more consistent pattern of daily life. Restoration is an ongoing journey, and strengthening this dimension can help cultivate greater resilience, balance, and human flourishing.

Restoration is an ongoing journey. As you continue moving forward, use the RESTORE™ Practical Framework to put your insights into action and the Restoration Guidebook™ to explore each step more deeply.