



## Workbook – Section 1

### What is Self-Determination? Take the Test

Self-determination means having the freedom to be in charge of your own life, choosing where you live, who you spend time with, and what you do.

Read each statement and circle Yes or No to answer each question.

- YES NO I decide whether to live alone or with someone else.
- YES NO I control who can and can't come into my home.
- YES NO I can choose where I live.
- YES NO I choose my own friends.
- YES NO I decide whether or not to have a boyfriend or girlfriend.
- YES NO I have people in my life who respect my values and choices.
- YES NO If I want to go somewhere, transportation isn't a problem.
- YES NO I'm able to stand up for myself to get what I need.
- YES NO My basic human rights are respected.
- YES NO I'm free to choose the kinds of goals I want to pursue.
- YES NO I'm able to choose my medical doctor and the treatment I receive.
- YES NO I have the money I need to live the kind of life I want.
- YES NO I have the final say over how I spend my money.
- YES NO I decide whether or not to work.
- YES NO I choose where I work and what kind of work I do
- YES NO I know how to deal with prejudice and discrimination.
- YES NO I have people in my life who accept me for me.
- YES NO I choose whether to receive treatment for mental health problems.
- YES NO I decide whether or not to take psychiatric medication.
- YES NO I set the goals for my mental health treatment.

The statements that you answered “no” are opportunities for continued growth in your journey toward living a greater self-determined life.