

# Social Fitness Self-Check

This self-check asks key questions to help you reflect on your social fitness in 3 areas: communication, relationship building, and managing conflict. Your answers will help you identify areas where you excel and areas for improvement. As with any life skill, you can improve with practice—and learn to use social fitness skills to support stronger relationships. After you take the survey once, you might want to take it again and focus on a specific close relationship, such as the relationship with your romantic partner, your teammates, or your community.

## Instructions

For each question, answer how often you use the social fitness strategy. The more honest you are in your responses, the more accurate your self-check results can be. *Note: This self-check is designed for self-reflection, not as a clinical diagnostic tool.*

## Communication

**I use body language (such as uncrossed arms) to show I'm open to conversation.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

**I show I'm listening during conversations by asking relevant follow-up questions.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

**I don't interrupt when another person is speaking.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

**I show I care about the other person's feelings.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

**I put away distractions (such as my cell phone) to focus on the other person during conversations.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

## Relationship building

**I remind the people I feel close to that I'm grateful for them.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

**I try to make my interactions with others positive.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

**I share information about myself so others can get to know me better.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

**When my relational partner is feeling stressed, I offer support.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

**I show commitment to my relationships.**

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

## Managing conflict

During conflict or difficult conversations, I can recognize my contribution to the problem.

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

In emotional situations, I'm intentional about how I express my emotions.

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

When I don't agree with someone, I still respect their feelings.

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

When I receive negative feedback, I can set aside any defensiveness to listen openly.

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

During conflict or difficult conversations, I prioritize the relationship over winning the argument.

1 = I never do this    2 = I rarely do this    3 = I sometimes do this    4 = I often do this    5 = I always do this

## Assess your social fitness skills

Add up your score for each category. The minimum score per category is 5, and the maximum score per category is 25.

**Communication score** = \_\_\_\_\_    **Relationship building score** = \_\_\_\_\_    **Conflict management score** = \_\_\_\_\_

See where your scores fall in the ranges below:

5–10 = I have room to improve this category of my social fitness. Improving my skills in this category could improve my relationships, health, and performance.

11–19 = I have some relationship optimization skills in this category, but I have room for improvement. Improving my skills in this category could make my relationships, health, and performance even better.

20–25 = I'm actively contributing to the strength of my relationships. Maintaining my relationships will help me maintain my overall health and performance.

## Learn more about social fitness skills

Social fitness skills, such as communication, relationship building, and managing conflict, can be learned and improved with practice. When you [optimize your social fitness skills](#), you can improve and maintain your relationships, health, and team readiness. Visit [HPRC-online.org](https://www.hprc-online.org) to learn more, and check out the specific resources below:

### Communication

Download HPRC's poster about [how to react to almost anything](#) to learn about the importance of communication in your relationships.

Get [tips to boost your social fitness](#) and improve communication in your relationships.

### Relationship building

Read HPRC's article on [how to optimize your relationship performance](#) and improve any "trouble zones."

Download HPRC's poster about [top healthy relationship habits](#) and learn strategies to build and maintain your relationships with your partner, family, friends, coworkers, or battle buddies.

### Managing conflict

Download HPRC's poster about how to [make "hot-button" conversations more productive](#) and optimize opportunities to have tricky conversations in positive ways.

Learn [strategies to show you're listening](#) and "validate" or accept other people's feelings and experiences, even if you disagree.

### Clinical resources

Here are more resources if you need professional support for your relationships or mental health:

[Branch support services](#)

[Military OneSource free 24/7 support](#)

[Real Warriors](#)

[Resources for mental health care](#)

[U.S. Army Strong Bonds](#)

