Peace of Mind, Peace on Earth Assessment Tool (POMPOE)™

Score the following by checking on the dotted line how you generally perceive the world and people around you to be (you may want to do a separate one for family, work, spouse/partner, friends).

1. Talking at .......................................................... Talking With
2. Lecturing .......................................................... Listening
3. Reacting .......................................................... Thinking
4. Impulsive .......................................................... Thoughtful
5. Bored .......................................................... Contemplative
6. Agitated .......................................................... Relaxed
7. Excited .......................................................... Joyful
8. Feeling empty .................................................. Feeling fulfilled
9. Frustrated .......................................................... Satisfied
10. Busyness .......................................................... Being productive
11. Ineffective ...................................................... Effective
12. Disappointed .................................................... Grateful
13. Scoffing .......................................................... Gracious
14. Unforgiving ..................................................... Forgiving
15. Mean .......................................................... Kind
16. Exasperating ................................................... Inspiring
17. Taking .......................................................... Giving
18. Ignoring people in need ..................................... Being helpful
19. Resentful .......................................................... Loving
20. Laughing at ...................................................... Laughing with
21. Judgmental ....................................................... Open-minded
22. Impatient .......................................................... Patient
23. Selfish .......................................................... Generous
24. Blaming others ................................................ Taking responsibility
25. Having sex ........................................................ Making love
26. Rushed and rough .............................................. Tender
27. Being closed off ................................................ Being open
28. Being artificial ................................................ Being authentic
29. Unreliable ........................................................ Reliable
30. Taking for granted .............................................. Cherishing
31. Negative .......................................................... Positive
32. Pessimistic ........................................................ Optimistic
33. Downbeat ........................................................ Upbeat
34. Deflating .......................................................... Uplifting
35. Apathetic .......................................................... Passionate
36. Sluggish ----------------------------------------------- Energetic
37. Passive ----------------------------------------------- Active
38. Distrustful -------------------------------------------- Trustful
39. Untrustworthy ------------------------------------------ Trustworthy
40. Entitled ----------------------------------------------- Deserving

Although much has been written in psychology focused on being happy with yourself, for the majority of the people happiness is tied to how they perceive and then emotionally react to the events and people around them.

Therefore, in the Peace of Mind, Peace on Earth Assessment Quiz, if you perceive and experience the people around you as characterized on the right side of each of the continuums below, you will be happier and have more peace of mind. If you perceive and experience them as characterized on the left side of the continuums, you will be less happy and have less peace of mind.

Where does Peace on Earth come in? Most people who perceive the world around them as being more like one side of the continuum than the other, will start to react back at it the same way, i.e. irritability begets irritability, being loving begets being loving. Therefore if you want to change the way you perceive the world and then react to it, you may need to prime the pump of positivity. To do that, identify on the left side of the list above the negative quality that you find most bothersome in the people around you and start acting towards them according to the corresponding right side. You don’t have to keep giving into a “dyed in the wool” negative person or an entrenched cynic, but you should make a full court press effort before you cut your losses.

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