

SASE Scoring

		Self Awareness		
Self-Esteem	Self-Esteem			
		Advanced	Intermediate	Basic
	Advanced	I • Total SA 64 – 87, and • Total SE 27 – 36, and • U is greater than 2	I • Total SA 34 – 63, and • Total SE 27 – 36, and • U is greater than 2	II • Total SA is less than 34 or greater than 87 (or if U is 2 or less), and • Total SE 27 – 36
		I • Total SA 64 – 87, and • Total SE 14 – 26, and • U is greater than 2	I • Total SA 34 – 63, and • Total SE 14 – 26, and • U is greater than 2	II • Total SA is less than 34 or greater than 87 (or if U is 2 or less), and • Total SE 14 – 26, and
	Intermediate	I • Total SA 64 – 87, and • Total SE 14 – 26, and • U is greater than 2	I • Total SA 34 – 63, and • Total SE 14 – 26, and • U is greater than 2	II • Total SA is less than 34 or greater than 87 (or if U is 2 or less), and • Total SE 14 – 26, and
		I • Total SA 64 – 87, and • Total SE 14 – 26, and • U is greater than 2	I • Total SA 34 – 63, and • Total SE 14 – 26, and • U is greater than 2	II • Total SA is less than 34 or greater than 87 (or if U is 2 or less), and • Total SE 14 – 26, and
	Basic	III • Total SA 64 – 87, and • Total SE is less than 14, and • U is greater than 2	III • Total SA 34 – 63, and • Total SE is less than 14, and • U is greater than 2	IV • Total SA is less than 34 or greater than 87 (or if U is 2 or less), and • Total SE is less than 14
		III • Total SA 64 – 87, and • Total SE is less than 14, and • U is greater than 2	III • Total SA 34 – 63, and • Total SE is less than 14, and • U is greater than 2	IV • Total SA is less than 34 or greater than 87 (or if U is 2 or less), and • Total SE is less than 14

Note: “Intermediate” scores are considered “High” for the SASE quadrant placement.

Emotional Aptitude

(Range 0-24 Basic; 25-58 Intermediate; and 59-81 Advanced)

This suggests your ability to both adapt to the emotional dynamics of any given situation, and guide the course of your own evolution. The higher the value, the more able you are to recognize what requires healing or nourishment in yourself and others, as well as how to go about it. Whatever your SA and SE scores are initially, your Emotional Aptitude can also aid your efforts to manage and improve your self-awareness and self-esteem.

Other-Awareness

(Range 0-10 Basic; 11-24 Intermediate; 25-30 Advanced)

Your OA score suggests the experience and insight you have into other people, the nature of relationships, and ways to be a supportive, healing presence for others. Of all of the assessments, this seems to be the most readily learned. Combined with a high EA score, a solid Other-Awareness likely enhances our overall effectiveness in social situations.

Reflecting on these results, do they align with your self-image? How do they correspond with where you put yourself on the **SASE Table** initially? If the results seem inaccurate to you, why do you think that happened? Clearly, there are variations in how different people operate, regardless of how they scored on the assessment. Hopefully, this can be a useful starting point for you in your evaluation of what you would like to celebrate or improve, and which next steps may be the most helpful to you. Through persistent integral practice, it is my belief that you will not only make a strong placement in **Quadrant I**, but also refine your skills within that quadrant. To test this idea, try taking the assessment again after six months of mindful and diligent application of your *Integral Lifework Plan*.

	high SELF-AWARENESS low	
high SELF-ESTEEM	I The healthiest state. A feeling of successful management of our internal and external life, with consistently renewed insight into how to maintain and improve this equilibrium. A solid and realistic understanding of our own capabilities and limitations, and a tendency to succeed and thrive. An easy integration into our community of peers, without suppressing or altering our identity or sense of Self in unhealthy ways.	II Feeling confident and successful – and even achieving superficial success – without actually having a solid understanding of our own strengths and weaknesses. A tendency to <i>overestimate</i> our capabilities and ignore proven limitations. Unintentional alienation of peers, but with a disowning of responsibility for any negative outcomes of our actions. A strong sense of Self, but an unrealistic one.
	III A clear understanding of our own strengths and weaknesses, but a tendency to feel insecure and unsuccessful even with this knowledge. We may often sabotage our own plans, or alienate close friends, or isolate ourselves from supportive communities. We maintain a strong identity, but at great cost to well-being, contentment, and fulfillment of our dreams.	IV The least healthy state. Feelings of helplessness and not knowing how to free ourselves from victimizing situations. A tendency to <i>underestimate</i> our capabilities and assume limitations that are unproven. We will often subvert our identity to fit in with peers, with the potential of completely disconnecting from our true Self.