

THE TRAFFIC LIGHT SYSTEM QUESTIONS

Name:

Relationship:

Length of time of relationship (optional):

Question 1: How do I feel around this person <i>emotionally</i> ?	GOOD/BAD
Question 2: Do I feel good about <i>myself</i> around this person	YES /NO
Question 3: Do I truly <i>like</i> this person?	YES /NO
Question 4: Do I characterise this person as a nice person?	YES /NO
Question 5: Does this person scare me?	YES /NO
Question 6: Does this person make me feel uncomfortable?	YES /NO
Question 7: Do I feel healthy around this person?	YES /NO
Question 8: Do I feel healthy after being around this person?	YES /NO
Question 9: Do I have a headache when I associate with this person?	YES /NO
Question 10: Do I feel like I can be my true self around this person?	YES /NO
Question 11: Do I feel good enough around this person?	YES /NO
Question 12: Do I feel valued around this person?	YES /NO
Question 13: Does this person uplift me?	YES /NO
Question 14: Do I characterise this person as 'negative' or 'toxic'?	YES /NO
Question 15: Do I feel comfortable being vulnerable around this person?	YES /NO
Question 16: Is this person a criminal or involved with drugs or illegal activity?	YES /NO
Question 17: Is this person a good influence or a bad influence?	YES /NO
Question 18: Do you like being around this person?	YES /NO
Question 19: Does this person 'uplift' you?	YES /NO
Question 20: Does this person 'bring you down'?	YES /NO
Question 21: Do you feel the need to filter what you say around this person?	YES /NO
Question 22: Do you respect this person as a human being?	YES /NO
Question 23: Do you trust this person 100%?	YES /NO
Question 24: Do you consider this person 'moral'?	YES /NO

YOUR DETERMINED FOLDER (circle): Green/Red/Amber/Black