

Understanding the JoyQ Results



Each section includes two parts: one focused on what's happening inside of you, and one focused on the people around you, both matter. Joy doesn't grow in a vacuum. It grows through relationships, beginning with how we relate to ourselves, others, and God.

You'll reflect on how often certain patterns appear in your life. Be kind to yourself as you answer. This isn't about judgment or getting it right. It's a chance to notice what's really going on, with honesty and grace.

When answering questions about the people around you (or "my people"), try to picture one group with which you connect regularly. That might be your family, church, neighborhood, workplace, or friend group. Choose one and stick with it throughout the assessment to get the most precise results.

Take your time. Listen to what stands out. By the end, you'll have a clearer sense of where joy is flowing in your life, and where it might be getting blocked.

You can always come back and retake the assessment. This is a tool you can return to as you grow.

JoyQ Part 1 - True Joy



True joy is the deep delight that comes from knowing God is glad to be with the real you and sharing that joy with others.

Because joy is a gift from God and grows in relationships, we need people who are present and real.

When others are distant or withdrawn, it can be harder to experience the joy God wants us to have.

These scores reflect how you see TRUE JOY in three areas: a) in yourself, b) in the people who matter most to you right now and c) your combined experience of TRUE JOY.

Reminder: Higher scores are better in this section.

True Joy In Me = 50.064 group average

Higher score often means:

You're likely experiencing moments of joyful connection and delight with others, similar to people who feel mentally and emotionally well.

Lower scores often mean:

You're having a hard time enjoying or connecting with other people, which is common when you feel down, disconnected, or worn out. When joy feels out of reach, it can change how you see yourself and your relationships.

True Joy Around Me = 43.092 group average

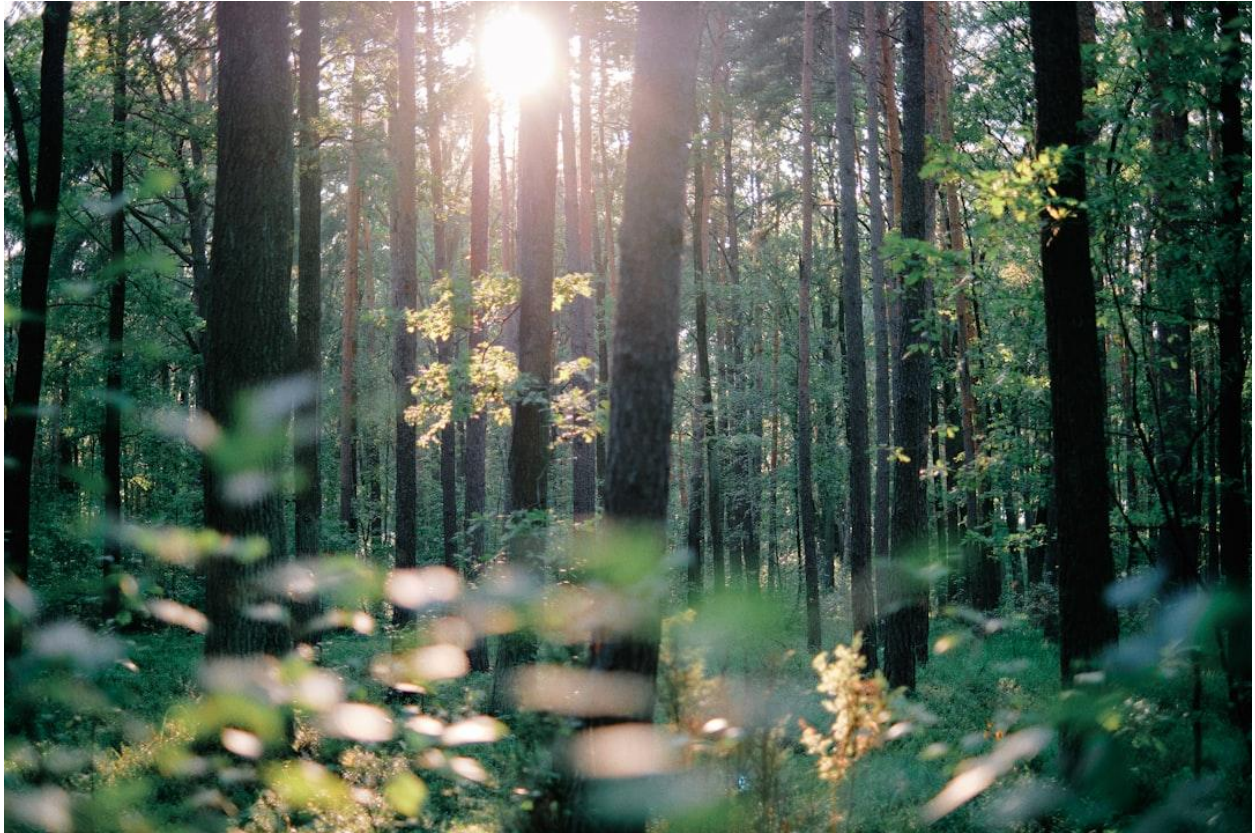
Higher score often means:

You likely sense that the people close to you are also experiencing joy. That kind of shared joy tends to lift everyone—including you.

Lower scores often mean:

You may feel like the people around you aren't finding much joy either. When joy is scarce in your circle, it can make your own joy harder to hold onto.

JoyQ Part 2 - God's Peace



GOD'S PEACE is the deep, settled sense we experience when we begin to see ourselves, others, and our challenges from God's perspective. Although it may be difficult to explain, this means finding peace in the midst of challenging moments by connecting with God's loving presence—especially in ways that we can sense in our bodies.

Reminder: Higher scores are better in this section.

God's Peace In Me = 49.385 group average

Higher score often means:

You likely experience a deep sense of peace in your body when you're with God—especially after hard moments. That kind of peace tends to show up in people who feel mentally and emotionally steady. It usually lasts longer and returns sooner. Higher scores like this usually go hand in hand with more joy.

Lower scores often mean:

You may find it hard to feel calm or sense God's presence when something goes wrong. It might feel like your body stays tense or your thoughts get cloudy. This score is often connected with feeling weighed down or wishing for more peace. And when peace is harder to find, joy usually is too.

God's Peace Around Me = 30.56 group average

Higher score often means:

You may experience the people around you as peaceful, steady, and emotionally safe. When something upsetting happens, peace tends to return fairly quickly. In such an environment, it's easier to sense God's presence and regain joy.

Lower scores often mean:

It might feel like the people close to you have a hard time calming down after something hard. They may seem tense, disconnected, or distant from God. When this kind of unrest is common, it can make it harder for you to hold onto your own peace.

JoyQ Part 3 - False Joy



FALSE JOY is what we feel when we turn to things or distractions instead of people when we're upset or alone.

It can start with a craving, but it often evolves into a habit that wants more and more while leaving us less and less satisfied.

Reminder: Lower scores are better in this section.

False Joy In Me = 29.764 group average

Higher score often means:

A higher score often means someone is using things or activities to feel better instead of turning to people. They might avoid connection and rely on cravings to boost their mood. Happiness comes from material possessions, not relationships, and that usually leads to lower joy.

Lower scores often mean:

Your score is similar to people who say they feel mentally well. Instead of depending on things to feel good or boost your energy, you can usually enjoy being with people. Lower scores are connected to higher joy and fewer cravings.

False Joy Around Me = 17.736 group average**Higher score often means:**

You often expect people around you to use non-relational approaches to boost their energy and feel good while avoiding the need for you. They crave and find happiness in things, substances and activities instead of relationships. Having this pattern around you tends to lower your individual joy. Higher scores predict lower joy.

Lower scores often mean:

You describe the people around you as more emotionally healthy. They usually enjoy being with others and don't need to rely on non-relational ways to feel good or boost energy.

Lower scores are associated with greater joy.

JoyQ Part 4 - False Peace



FALSE PEACE means things look calm on the outside, but there's no real healing underneath.

It appears when we avoid difficult conversations, hold onto resentment, or pretend everything is fine.

Over time, this kind of peace can lead to distrust and slowly erode our joy in ourselves, our families, and our communities.

Reminder: Lower scores are better in this section.

False Peace In Me = 32.326 group average

Higher score often means:

People in this range may try hard to keep others happy, hide their true feelings, or feel afraid of how others might react. This can make it harder to feel real joy. Higher scores are linked to lower joy.

Lower scores often mean:

People in this range can usually be themselves and feel safe in their family, community, and culture when things are going normally. Lower scores are associated with greater joy.

False Peace Around Me = 24.81 group average**Higher score often means:**

The people around you may try to keep others happy, hide how they really feel, or worry about how others will respond. They might focus more on looking okay than being real. This pattern can make it harder for you to feel true joy.

Lower scores often mean:

You expect the people around you to feel safe being themselves in their family, community, and culture when things are going well. Lower scores are associated with greater joy.

JoyQ Part 5 - False Image



FALSE IMAGE is when we pretend everything is okay, even when it's not. It lowers our joy because it separates the version of ourselves we show others from who we really are inside. Joy grows when we feel safe enough to be real with the people around us.

Reminder: Lower scores are better in this section.

False Image In Me = 22.5 group average

Higher scores often mean:

You may feel pressure to act like everything is okay, even when it's not. This can lead to hiding emotions, avoiding difficult things, and feeling distant from oneself. When that happens, joy is hard to hold onto.

Lower scores often mean:

You tend to be honest about how you feel and use your emotions to stay connected with others. Instead of pretending, you work toward understanding and real connection. This helps joy grow over time.

False Image Around Me = 26.2 group average

Higher scores often mean:

You may see the people around you as hiding their real emotions or avoiding honest conversations. This kind of environment can feel distant or disconnected, which makes joy harder to experience.

Lower scores often mean:

You see your relationships as safe and honest. When someone is hurting, others show up with care. When there's joy, it's shared. This kind of real connection helps joy thrive.

JoyQ Part 6 - Stunted Growth



STUNTED GROWTH happens when we spend too much time in low-joy relationships. Instead of growing into strong, joyful maturity, we start living in fear. We may focus on performing, staying in control, or avoiding pain—but these habits slowly drain our energy and joy. We grow best when we feel safe, connected, and supported by people who are glad to be with us, even when life is hard.

Reminder: Lower scores are better in this section.

Stunted Growth In Me = 23.4 group average

Higher scores often mean:

People in this range often feel driven by fear, pressure, or the need to perform. Relationships may feel like responsibilities instead of sources of connection. When joy is missing, even doing the right thing can feel draining. Higher scores in this area are often linked to lower joy.

Lower scores often mean:

Meeting emotional and relational needs feels rewarding to you. You likely experience your responsibilities as meaningful, not heavy. This is a sign that joy is active and growing. Lower scores here are connected to stronger emotional health.

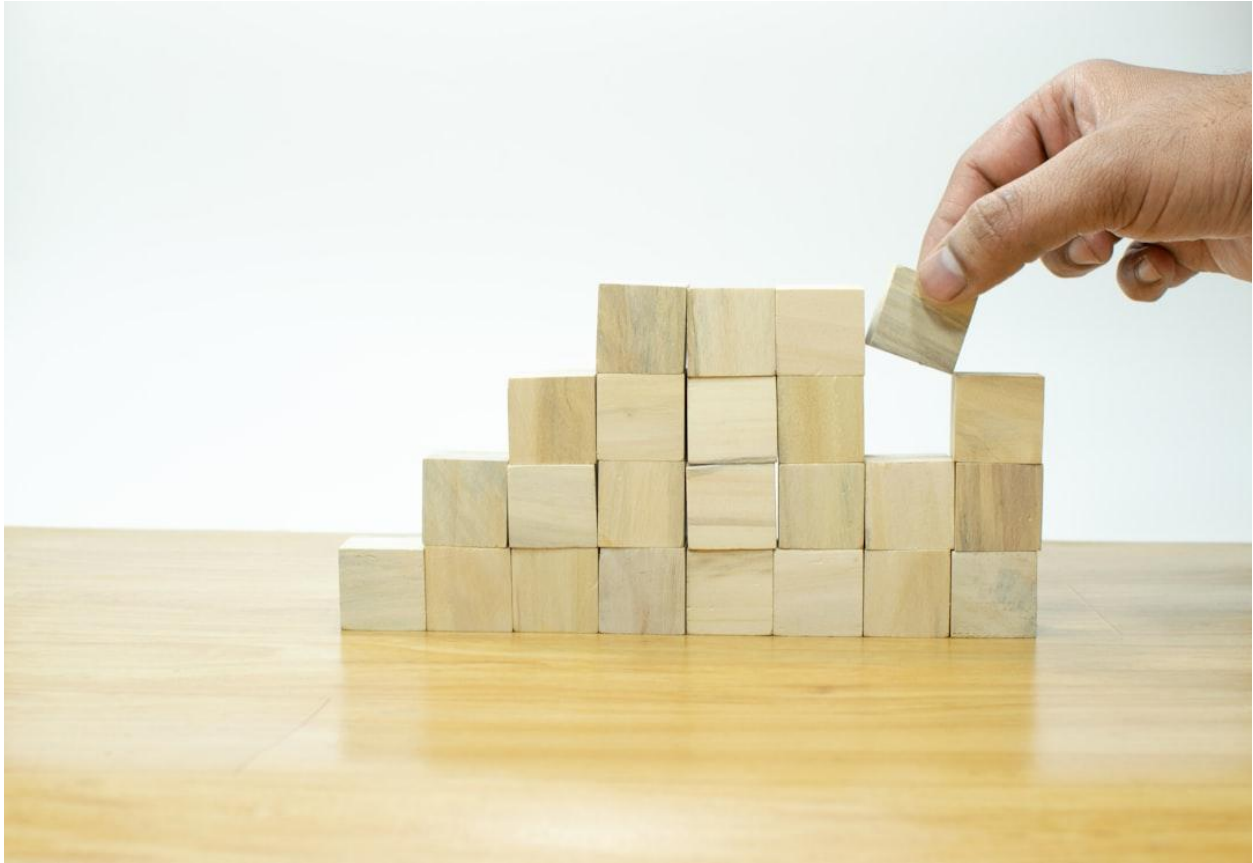
Stunted Growth Around Me = 10.869 group average**Higher scores often mean:**

You may see the people around you acting more from fear or pressure than from real connection. Supporting each other might feel like a burden instead of a joy. Over time, this can wear you down and make joy harder to hold onto.

Lower scores often mean:

The people in your life likely show emotional maturity and enjoy caring for each other. They take on responsibilities with openness and a sense of well-being. This kind of environment helps joy grow and last.

What now? Let's build your next step together.



You don't have to figure this out on your own.

We've put together a collection of next steps designed to help you grow in joy, peace, and emotional strength—right where you are. Whether you're looking for simple practices, guided communities, or trustworthy teachers, there's something here for you.

Explore free tools and resources

Start with helpful PDFs, printable guides, and introductory practices in our [Free Resources Library](#).

Connect with others on the journey

Join our online community on [Mighty Networks](#), where you can ask questions, find encouragement, and grow with others who care about living with joy.

Discover more with JoyStream

When you're ready to go deeper, [JoyStream](#) gives you access to exclusive videos, conversations, and training from trusted Life Model teachers.

This is where the deeper work begins.

Start small. Stay connected. Let joy grow.

Now that you've uncovered the major forces shaping your JoyQ, it's time to act. Let's use your results to build a path forward—one that raises your joy, deepens your peace, and strengthens the relationships that matter most.

Your results for all six parts have been added to your Life Model Works free membership. If you don't have an account yet, please click [here](#) to complete your registration. Click the Sign In button and create an account.