How Often?

Please answer each of the following questions about your native language on a scale from 1-10.

a. How often do you engage in conversations in your native language with strangers?

b. How often do you watch TV/movies in your native language?

c. How often do you think in your native language when you are alone?

d. How often do you think up sentences in your native language while talking in an English conversation?

e. How often do you take (private) notes in your native language?

f. How often do you read newspapers/Internet in your native language?

g. How often do you talk to your friends and family using your native language?

h. How often do you speak your native language at work?

i. How often do you speak your native language at home?

j. How often do you dream in your native language?

- Add up the numbers you circled: _________________

- Divide this result by 10: _________________