Appendix-II
PERSONAL EFFECTIVENESS SCALE

This questionnaire is for your own use. So be frank in your responses. Read each statement given below and indicate against it how much it is true of your behaviour, by using the following guidelines.
Write 4 if it is most characteristic of you, or if you always or most often behave or feel this way.
Write 3 if it is fairly true of you, or you quite often behave or feel this way.
Write 2 if it is somewhat true in your case.
Write 1 if it is not true or if you only occasionally feel or behave this way.
Write 0 if it is not at all characteristic of you, or you seldom feel or behave this way.

1. I am not frank with the persons unless I know them very well.
2. I carefully consider and respond positively to the feedback given to me by my friends.
3. I unknowingly say things, which disturb my parents.
4. I generally hesitate to express my feelings to friends.
5. When a teacher or my friend directly tells me how he feels about my behaviour I close up and stop listening.
6. On hindsight I regret why I said something tactlessly to my parents.
7. I express my opinions without hesitation to my friends and others even if this may be unacceptable to them.
8. I take steps to find out how my behaviour has been perceived by my friends with whom I have been interacting.
9. I deliberately observe how my teachers will take what I am going to tell them and accordingly communicate with them.
10. When a friend discusses problems, I do not spontaneously share my similar experiences with him/her.

11. If the teacher criticizes me I hear him/her at that time, but do not bother myself about it later.

12. I fail to pick up cues about my friend's feelings and reactions when I am involved in an argument or a conversation.

13. I enjoy talking with my friends about my personal concerns and matters.

14. I value what my teachers have to say about my behaviour and competence.

15. I am often surprised to discover (or told) that my friends were put off, bored or annoyed when I thought they were enjoying interacting with me.