Inside this booklet there are forty statements about how people feel or think at one time or another. There are no right or wrong answers. Just pick the one that is really true for you, and mark the a, b, or c answer.

You'll start with the two simple examples below, for practice. Read the first sentence and then put an X in the box that tells how you feel about friends. If you enjoy quiet friends, you would put an X in the a box. If you prefer lively friends, you'd mark the c box. If you really aren't sure, you'd mark the middle box. But mark the middle box only if it is impossible for you to decide definitely yes or no. Don't use it unless you absolutely have to.

1. I prefer friends who are:
   [a] quiet, [b] in between, [c] lively

2. People say I'm impatient.
   [a] true, [b] uncertain, [c] false

Now:
1. Make sure you have put your name, and any other information requested, at the top of this page.
2. Please answer every statement. Don't skip a single one. Your answers will be entirely confidential.
3. Remember, use the middle box only if you cannot possibly decide on a or c.
4. Don't spend time thinking over the statements. Just mark your answer quickly, according to how you feel about it now.

It will take only ten minutes or so to finish. Hand in the booklet when you're through, unless told to do otherwise. If you have any questions, ask them now. As soon as you're told to, turn the page and begin.

STOP HERE—WAIT FOR SIGNAL

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1. My zest for work is high.
   [a] nearly always, [b] sometimes, [c] hardly ever .......................................................... I__I

2. I worry because I don’t do much about solving my problems.
   [a] I often worry, [b] occasionally, [c] I almost never worry about it .............................. I_1

3. I get into moods when I feel low and depressed.
   [a] often, [b] occasionally, [c] hardly ever....................................................................... I_I

4. I very seldom have moments when my life seems lonely and empty.
   [a] true, [b] uncertain, [c] false. ........................................................................................ 1__I

5. Much of the time I feel sluggish and too weary to move.
   [a] true, [b] partly true, [c] false. ...................................................................................... I—I

6. My mind works quickly and well these days.
   [a] yes, nearly always, [b] sometimes, [c] hardly ever................................................... |__I

7. I feel my health is run down and I should see a doctor soon.
   [a] true, [b] uncertain, [c] false. ....................................................................................... I_I

8. I have the feeling that most people who know me really and truly like me.
   [a] true, [b] in between, [c] false. ....................................................................................... I__I

9. I’m not troubled by feelings of guilt.
   [a] true, I’m not troubled, [b] uncertain, [c] false, I am troubled. .................................. '__I

10. I make up my mind easily and quickly, and seldom have reason to change it.
    [a] true, [b] in between, [c] false. ...................................................................................... I—I

11. I seem to blame myself for everything that goes wrong, and I’m always critical of myself.
    [a] true, most times, [b] true, sometimes, [c] false. ........................................................ 1__I

12. If I’m upset, my muscles twitch and jump.
    [a] yes, often, [b] occasionally, [c] no............................................................................ I__I

13. I don’t have very many fears of hidden physical dangers.
    [a] true, [b] partly true, [c] false, I am fearful................................................................. I__I

14. I feel life is so pointless and silly that I no longer even try to tell people how I feel.
    [a] true, [b] in between, [c] false. ...................................................................................... I—I

15. There are times when I think I’m no good for anything at all.
    [a] true, many, [b] in between, [c] false, almost never.................................................. I__I

16. I consider myself as able to manage my affairs as most people I know.
    [a] yes, [b] perhaps, [c] no................................................................................................ I__I

17. I feel self-confident and relaxed.
    [a] almost all the time, [b] sometimes, [c] hardly ever .......................................................... I__I

18. I feel too depressed and “useless” to want to talk to people.
    [a] true, [b] in between, [c] false. ....................................................................................... I__I

19. I seldom get so excited that I say things I’m sorry for.
    [a] true, [b] uncertain, [c] false, I do say things................................................................. I—I

20. If acquaintances treat me badly and show they dislike me:
    [a] I tend to get downhearted, [b] in between, [c] it doesn’t upset me a bit ................. I—I

CONTINUE ON NEXT PAGE.

2
21. I hardly ever feel sad and gloomy.
[a] true, I hardly ever feel sad and gloomy, [b] sometimes I do, [c] false, I'm often very gloomy.

22. I feel worn out and can't get enough rest.
[a] usually, [b] sometimes, [c] very seldom.

23. Sometimes a dark mood of depression comes over me for no reason.

24. I hardly ever feel under such strain that it's too much effort to cope with things.
[a] true, I don't feel under a strain, [b] uncertain, [c] false, I do lack energy to cope.

25. Every few days my stomach feels bloated and uncomfortable.
[a] yes, definitely, [b] a little, [c] no, not at all.

26. I almost never feel that life is a burden.
[a] true, [b] in between, [c] false.

27. Sometimes I feel that my nerves are going to pieces.

28. I find it easy to chat and joke with a person of the opposite sex.
[a] true, [b] in between, [c] false.

29. I almost never wish I were "out of it all."
[a] true, I almost never wish that, [b] uncertain, [c] false, I do wish that.

30. I hardly ever feel that I've failed in my duties.
[a] true, I don't, [b] in between, [c] false, I am troubled by guilt.

31. I have fears that no one really loves me.
[a] often, [b] once in a while, [c] no, not at all.

32. I dream a lot about frightening events.
[a] yes, often, [b] sometimes, [c] no.

33. I am confident that I can face and handle most emergencies that come up.

34. I get a feeling of tension and have a ringing and buzzing in my ears.
[a] yes, often, [b] sometimes, [c] almost never.

35. I sometimes doubt whether I have been of much use to anyone in my life.

36. I rate myself as a happy, contented person in spite of troubles here and there.

37. I rarely lie awake at night wondering what will happen because of wrong things that I've done.
[a] true, [b] in between, [c] false, I do lie awake.

38. I have a weak stomach, and I easily get constipated.
[a] true, [b] in between, [c] false.

39. I never regret telling people frankly my feelings and ideas.

40. If I were called in by my boss, I'd:
[a] be afraid I had done something wrong, [b] in between, [c] make it a chance to ask for something I want.

STOP HERE. BE SURE YOU HAVE ANSWERED EVERY QUESTION.