A number of questions are given below regarding your personality orientations.

Please respond to each of these questions in the separate answer sheet supplied along with this questionnaire. Please write 'Y' in the answer sheet, if you want to answer 'Yes', 'N' if you want to answer 'No' or '?' if you want to answer as 'doubtful' or 'Not sure'.

Please make sure record your answers against the corresponding item number in the answer sheet. Your responses will be kept confidential.

1. Do you think you are able to do things as well as most other people? Yes ? No
2. Do you seem to have more than your share of bad luck? Yes ? No
3. Do you blush more often than most people? Yes ? No
4. Do you sometimes have ideas run through your head repeatedly that you would like to stop but can’t? Yes ? No
5. Is there some habit such as smoking that you would like to break but cannot? Yes ? No
6. Do you usually feel well and strong? Yes ? No
7. Are you often troubled by feelings of guilt? Yes ? No
8. Do you feel that you have little to be proud of? Yes ? No
9. Do you often feel depressed when you wake up in the mornings? Yes ? No
10. Would you say that you seldom ever lose sleep over your worries? Yes ? No
11. Are you often acutely aware of the ticking of clocks? Yes ? No
12. If you see a game that you would like to be good at are you usually able to acquire the necessary skill to enjoy it? Yes ? No
13. Do you often suffer from poor appetite? Yes ? No
14. Do you often catch yourself apologising when you are not really at fault? Yes ? No
15. Do you often think of yourself as a failure? Yes ? No
16. In general would you say you are satisfied with your life? Yes ? No
17. Are you usually calm and not easily upset? Yes ? No
18. If you are reading something that contains errors of spelling and punctuation do you find it difficult to concentrate on what is being said? Yes ? No
19. Do you take steps to control your figure by exercise or diet? Yes ? No
20. Is your skin very sensitive and tender? Yes ? No
21. Do you sometimes think you have let down your parents by life you have led? Yes ? No
22. Do you suffer from inferiority feelings? Yes ? No
23. Do you find a good deal of happiness in life? Yes ? No
24. Do you sometimes feel that you have so many difficulties that you cannot possibly overcome them? Yes ? No
25. Are you sometimes compelled to wash your hands even though you know them to be perfectly clean? Yes ? No
26. Do you believe that your personality was laid down firmly by the things that happened to you when you were a child, so that there isn't much you can do to change it? Yes ? No
27. Do you frequently feel faint? Yes ? No
28. Do you believe that you have committed unpardonable sins? Yes ? No
29. In general are you pretty sure of yourself? Yes ? No
30. Do you sometimes feel that you don't care what happens to you? Yes ? No
31. Is life often a strain for you? Yes ? No
32. Are you sometimes bothered by an unimportant thought that runs through your mind for days? Yes ? No
33. Do you make your own decisions regardless of what other people say? Yes ? No
34. Do you have more headaches than most people? Yes ? No
35. Do you often feel a strong need to confess something that you have done? Yes ? No
36. Do you often wish that you were someone else? Yes ? No
37. Do you generally feel in good spirits? Yes ? No
38. As a child were you afraid of the dark? Yes ? No
39. Do you indulge in superstitious little rituals like avoiding the cracks in the pavement when you are walking along the foot-path? Yes ? No
40. Do you find it difficult to control your weight? Yes ? No
41. Do you sometimes feel a twitching of the face, head or shoulders? Yes ? No
42. Do you often feel that people disapprove of you? Yes ? No
43. Would you be troubled by feelings of inadequacy if you had to make a speech? Yes ? No
44. Do you ever feel 'just miserable' for no good reason? Yes ? No
45. Do you often feel restless as though you want something but do not really know what? Yes ? No
46. Are you obsessional about locking up drawers, windows, suitcases and things? Yes ? No
47. Do you place your trust in supernatural powers such as God or fate to see you through safely? Yes ? No
48. Do you worry a lot about catching disease? Yes ? No
49. Do you believe that the pleasure you have in the here and now will have to be paid for eventually? Yes ? No
50. Are there a lot of things about yourself that you would change if you could? Yes ? No
51. Do you see your future as looking quite bright? Yes ? No
52. Are you inclined to tremble and perspire if you are faced with a difficult task ahead? Yes ? No
53. Do you routinely check that all the lights, appliances and taps are off before you go to bed? Yes ? No
54. If something goes wrong do you usually attribute it to bad luck rather than bad management? Yes ? No
55. Do you make a point of visiting your doctor even if you think you only have a cold? Yes ? No
56. Does it concern you a great deal that you are living better than the majority of people in the world? Yes ? No
57. Do you think that you are quite popular with people in general? Yes ? No
58. Have you ever wished you were dead? Yes ? No
59. Are you often afraid of things and people that you know would not really hurt you? Yes ? No
60. Are you careful to keep a supply of tinned or dried food in your house in case of an emergency food shortage? Yes ? No
61. Have you ever felt as though you were possessed by evil spirits? Yes ? No
62. Do you suffer a great deal from nervous exhaustion?  
   Yes ? No
63. Is there something you have done that you will regret all your life?  
   Yes ? No
64. Do you have a great deal of confidence in your decisions?  
   Yes ? No
65. Do you often feel down in the dumps?  
   Yes ? No
66. Are you less prone to anxiety than most of your friends?  
   Yes ? No
67. Does dirt frighten and disgust you to an exceptional degree?  
   Yes ? No
68. Do you often feel that you are a victim of outside forces that you cannot control?  
   Yes ? No
69. Are you considered a sickly person?  
   Yes ? No
70. Do you often get blamed or punished when you don't deserve it?  
   Yes ? No
71. Would you say that you have a high opinion of yourself?  
   Yes ? No
72. Do things often seem hopeless to you?  
   Yes ? No
73. Do you often worry unreasonably over things that do not really matter?  
   Yes ? No
74. If you are staying somewhere other than your own house, do you make a point of planning how you would escape in the event of a fire?  
   Yes ? No
75. Do you act out to get what you want with a clear course of action rather than trusting to luck?  
   Yes ? No
76. Do you keep a medicine cabinet in your home that contains a great variety of leftovers from your previous prescriptions?  
   Yes ? No
77. Do you readily take it to heart if somebody scolds you?  
   Yes ? No
78. Do you often feel ashamed of things that you have done?  
   Yes ? No
79. Do you smile and laugh as much as most people?  
   Yes ? No
80. Are you anxious about something or somebody most of the time?  
   Yes ? No
81. Are you easily irritated by things that are out of place?  
   Yes ? No
82. Do you ever make decisions by tossing a coin or some such procedure that leaves it entirely to chance?  
   Yes ? No
83. Do you worry a great deal about your health?  
   Yes ? No
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>If you have an accident do you assume that you must have deserved it because of something you had done?</td>
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<tr>
<td>Do you feel embarrassed when looking at photographs of yourself and complain that they seldom do you justice?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Have you often felt listless and tired for no good reason?</td>
<td>Yes</td>
<td>No</td>
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<td>If you have made an awkward social error can you forget it quite easily?</td>
<td>Yes</td>
<td>No</td>
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<td>Do you keep very careful accounts of all the money you spend?</td>
<td>Yes</td>
<td>No</td>
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<td>Do you often act contrary to custom or to the wishes of your parents?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Do severe pains and aches make it impossible for you to concentrate on your work?</td>
<td>Yes</td>
<td>No</td>
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<td>Are you regretful about your early sexual experiences?</td>
<td>Yes</td>
<td>No</td>
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<td>Are there some members of your family who make you feel you are not good enough?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Can you relax quite easily when sitting or lying down?</td>
<td>Yes</td>
<td>No</td>
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<td>Are you often bothered by noise?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Do you worry a great deal about catching germs from people in public?</td>
<td>Yes</td>
<td>No</td>
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<td>If you were feeling lonely would you make an effort to be friendly towards people?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Are you often bothered by severe itching?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Do you have some bad habits that are really inexcusable?</td>
<td>Yes</td>
<td>No</td>
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<td>Do you get very upset if someone criticises you?</td>
<td>Yes</td>
<td>No</td>
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<td>Do you feel that you often get a raw deal out of life?</td>
<td>Yes</td>
<td>No</td>
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<td>Are you easily startled by someone appearing unexpectedly?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Are you always careful to pay back even the most trivial debt?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Do you often feel that you have little influence over the things that happen to you?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Are you normally in good health?</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Are you often bothered by pangs of conscience?</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>
106. Do people regard you as useful to have around?  
Yes ? No

107. Do you think that people really don't care what happens to you?  
Yes ? No

108. Do you find it difficult to sit still without fidgeting?  
Yes ? No

109. Do you often do jobs yourself rather than trust somebody else to do it properly?  
Yes ? No

110. Are you easily persuaded by the arguments of other people?  
Yes ? No

111. Does stomach trouble run in your family?  
Yes ? No

112. Do you regard your youth as mis-spent?  
Yes ? No

113. Are you often inclined to question your worth as a person?  
Yes ? No

114. Do you often suffer from loneliness?  
Yes ? No

115. Do you worry a great deal over money matters?  
Yes ? No

116. Would you walk under a ladder on the street rather than go out of your way to detour around it?  
Yes ? No

117. Do you often find life difficult to cope with?  
Yes ? No

118. Are other people unsympathetic when you are feeling unwell?  
Yes ? No

119. Do you think you are undeserving of other people's trust and affection?  
Yes ? No

120. When people say nice things about you, do you find it difficult to believe they are really sincere?  
Yes ? No

121. Do you think you are contributing to the world and leading a useful life?  
Yes ? No

122. Can you drop off to sleep quite easily at night?  
Yes ? No

123. Can you easily disregard little mistakes and inaccuracies?  
Yes ? No

124. Are most of the things you do geared to pleasing other people?  
Yes ? No

125. Do you constantly suffer from constipation?  
Yes ? No

126. Do you spend a great deal of time going over things that have happened in the past and wishing that you had behaved more responsibly?  
Yes ? No

127. Do you sometimes withhold your opinions for fear that people will laugh and criticize you?  
Yes ? No

128. Is there at least one person in the world who really loves you?  
Yes ? No
129. Are you easily embarrassed in a social situation?  
Yes ? No

130. Do you collect all kinds of scrap materials in case they might come in handy one day?  
Yes ? No

131. Do you believe that your future is really in your own hands?  
Yes ? No

132. Did you ever have a nervous breakdown?  
Yes ? No

133. Are you harbouring a guilty secret that you are afraid must come out one day?  
Yes ? No

134. Are you shy and self-conscious in social situations?  
Yes ? No

135. Would you agree that it is hardly fair to bring a child into the world the way things look now?  
Yes ? No

136. Are you easily 'rattled' if things don't go according to plan?  
Yes ? No

137. Do you feel very uncomfortable if your home gets untidy?  
Yes ? No

138. Have you as much will power as the next person?  
Yes ? No

139. Are you often bothered by palpitations of the heart?  
Yes ? No

140. Do you believe that bad behaviour will always be punished in the long run?  
Yes ? No

141. Do you have a tendency to feel below the people you meet even though, objectively speaking, you are not outranked?  
Yes ? No

142. Generally speaking have you been successful in achieving your aims and goals in life?  
Yes ? No

143. Do you often wake up sweating after having a bad dream?  
Yes ? No

144. Are you repelled if somebody's pet dog licks you on the face?  
Yes ? No

145. Do you find it a waste of time planning ahead because something always turns up that causes you to change your plans?  
Yes ? No

146. Do you worry a lot about other members of your family getting ill?  
Yes ? No

147. If you have done something morally reprehensible can you quickly forget it and direct your thoughts to the future?  
Yes ? No

148. Do you usually feel that you can accomplish the things you want to?  
Yes ? No

149. Are you often overcome by sadness?  
Yes ? No
150. Do your voice get shaky if you are talking to someone you particularly want to impress? Yes ? No

151. Would you rather go without something than feel obliged to another person? Yes ? No

152. Would you prefer a job in which somebody else made the decisions and told you what to do? Yes ? No

153. Are you troubled by cold hands and fast even in warm weather? Yes ? No

154. Do you often pray for forgiveness? Yes ? No

155. Are you satisfied with your appearance? Yes ? No

156. Does it seem to you that it is always other people who get the breaks? Yes ? No

157. Would you stay calm and collected in the face of an emergency? Yes ? No

158. Do you make a point of writing down all your appointments in a note book even things you have to do later in the same day? Yes ? No

159. Do you often get the feeling that it's no use trying to get anywhere in life? Yes ? No

160. Do you often have difficulty in breathing? Yes ? No

161. Are you embarrassed by dirty stories? Yes ? No

162. Are you often reticent with other people because you think they will not like you? Yes. ? No

163. Is it a long time since you last felt on top of the world? Yes ? No

164. Do you sometimes get into a state of tension and turmoil when thinking over your difficulties? Yes ? No

165. Do you usually adjust your hair and clothing before you open the door to a visitor? Yes ? No

166. Do you often feel that you don't have enough control over the direction that your life is taking? Yes ? No

167. Do you think it is a waste of time going to the doctor with most mild complaints such as cough, colds and influenza? Yes ? No

168. Do you often feel as though you have done something wrong and wicked even though this feeling is not really justified? Yes ? No

169. Do you find it difficult to do things in a way that wins the attention and approval of others? Yes ? No
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Do you feel cheated when you look back on what has happened to you?</td>
<td>No</td>
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<tr>
<td>Do you worry too long over humiliating experiences?</td>
<td>No</td>
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<tr>
<td>Are you often tempted to correct people's grammar when you are talking to them (although politeness may prevent you from doing so)?</td>
<td>No</td>
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<tr>
<td>Do you find that things are changing so fast today that it is difficult to know what rules to follow?</td>
<td>No</td>
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<tr>
<td>Do you always go straight to bed if you have caught a cold?</td>
<td>No</td>
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<tr>
<td>Do you think that you must have disappointed your teachers at school by not working hard enough?</td>
<td>No</td>
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<tr>
<td>Do you often catch yourself pretending to be a better person than you really are?</td>
<td>No</td>
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<tr>
<td>Are you about as happy as the next person?</td>
<td>No</td>
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<td>Would you describe yourself as self-conscious?</td>
<td>No</td>
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<tr>
<td>Would you describe yourself as a perfectionist?</td>
<td>No</td>
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<tr>
<td>Do you usually have clear-cut goals and a sense of purpose in life?</td>
<td>No</td>
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<tr>
<td>Do you look at the colour of your tongue most mornings?</td>
<td>No</td>
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<tr>
<td>Do you often think back on how badly you have treated people in the past?</td>
<td>No</td>
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<tr>
<td>Do you sometimes feel that you can never do anything right?</td>
<td>No</td>
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<tr>
<td>Do you often get the feeling that you are just not a part of things?</td>
<td>No</td>
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<tr>
<td>Do you worry unnecessarily over things that might happen?</td>
<td>No</td>
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<tr>
<td>Do you go through a set routine on retuning to bed that if broken would cause you great difficulty in getting to sleep?</td>
<td>No</td>
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<tr>
<td>Do you often have the feeling that other people are using you?</td>
<td>No</td>
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<tr>
<td>Do you weigh yourself every day?</td>
<td>No</td>
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<tr>
<td>Do you expect God will punish you for your sins in the after-life?</td>
<td>No</td>
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</tbody>
</table>
190. Do you often have doubts about your sexual prowess?  Yes  ?  No
191. Is your sleep usually fitful and disturbed?  Yes  ?  No
192. Are you inclined to get yourself all worked up over nothing?  Yes  ?  No
193. Is it very important to you that everything should always be neat and tidy?  Yes  ?  No
194. Are you sometimes influenced by advertisements to buy something you didn't really want?  Yes  ?  No
195. Are you often troubled by noises in your ears?  Yes  ?  No
196. Do you usually blame yourself if something goes wrong with your personal relationships?  Yes  ?  No
197. Have you at least a normal amount of self respect?  Yes  ?  No
198. Do you often feel lonely even when you are with other people?  Yes  ?  No
199. Have you ever felt you needed to take tranquillisers?  Yes  ?  No
200. Are you very upset if your daily habits are disturbed by unforeseen events?  Yes  ?  No
201. Do you read horoscopes with the hope of obtaining some guidance in your life?  Yes  ?  No
202. Do you often feel a choking lump in your throat?  Yes  ?  No
203. Are you sometimes disgusted by your own sexual desires and fantasies?  Yes  ?  No
204. Do you think your personality is attractive to the opposite sex?  Yes  ?  No
205. Do you feel a sense of inner calm and contentment most of the time?  Yes  ?  No
206. Are you a nervous person?  Yes  ?  No
207. Do you spend a great deal of time filing and arranging your papers so you will be certain to know where everything is if you should want it?  Yes  ?  No
208. Do other people usually decide what play or film you are going to see?  Yes  ?  No
209. Do you have hot or cold spells?  Yes  ?  No
210. Is it easy for you to forget the things that you have done wrong?  Yes  ?  No