Appendices
INSTRUCTIONS:

Below are given certain statements which reflect the degree of intimacy or closeness which we may feel towards others. You are required to describe your relationship with any family member or friend whom you consider closest to you vis-a-vis the statements given below. Please read each statement carefully and encircle one of the ten numbers given under the three categories which you feel expresses your relationship most adequately.

<table>
<thead>
<tr>
<th></th>
<th>Very Rarely</th>
<th>Some of the time</th>
<th>Almost Always</th>
</tr>
</thead>
</table>

1. When you have leisure time how often do you choose to spend it with him/her?  
   1 2 3 4 5 6 7 8 9 10

2. How often do you keep very personal information to yourself and do not share it with him/her?  
   1 2 3 4 5 6 7 8 9 10

3. How often do you show him/her affection?  
   1 2 3 4 5 6 7 8 9 10

4. How often do you confide very personal information to him/her?  
   1 2 3 4 5 6 7 8 9 10

5. How often are you able to understand his/her feelings?  
   1 2 3 4 5 6 7 8 9 10

6. How often do you feel close to him/her?  
   1 2 3 4 5 6 7 8 9 10

Not Much  A Little  A great Deal

1. How much time do you like to spend with him/her?  
   1 2 3 4 5 6 7 8 9 10

2. How much do you feel like being encouraging and supportive to him/her when he/she is unhappy?  
   1 2 3 4 5 6 7 8 9 10
3. How close do you feel to him/her most of the time? 1 2 3 4 5 6 7 8 9 10
4. How important is it to you to listen to his/her very personal disclosures? 1 2 3 4 5 6 7 8 9 10
5. How satisfying is your relationship with him/her? 1 2 3 4 5 6 7 8 9 10
6. How affectionate do you feel towards him/her? 1 2 3 4 5 6 7 8 9 10
7. How important is it to you that he/she understands your feelings? 1 2 3 4 5 6 7 8 9 10
8. How much damage is caused by a typical disagreement in your relationship with him/her? 1 2 3 4 5 6 7 8 9 10
9. How important is it to you that he/she is encouraging and supportive to you when you are unhappy? 1 2 3 4 5 6 7 8 9 10
10. How important is it to you that he/she show you affection? 1 2 3 4 5 6 7 8 9 10
11. How important is your relationship with him/her in your life? 1 2 3 4 5 6 7 8 9 10

Name: 
Age: 
Occupation: 
Number of Children: 

Length of the time for which a person is known: 
(spouse/friend)
**INSTRUCTIONS:**

Each one of us has his/her own personal view about God and other religious matters. Below are given some statements which express opinions on various aspects of this issue. Please read each statement carefully and give your opinion by putting a tick mark (✓) under any one of the five columns.

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Undecided</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Heaven and hell do not exist. These are creations of the mind.</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>2.</td>
<td>A good man is one who has complete faith in God.</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>3.</td>
<td>The evolution of the universe is a scientific fact it was not a creation of God.</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>4.</td>
<td>The miracles/events reported by the Gurus/Prophets/Messengers are the absolute truth, only man fails to recognise them.</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>5.</td>
<td>It is necessary to believe and follow ones religious faith or the other, in order to live a good life.</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>6.</td>
<td>People who strive for the good of all being need no religion.</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>7.</td>
<td>The soul is immortal and belongs to God.</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>8.</td>
<td>Everyone's destiny/fate is in God's hand.</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>9.</td>
<td>Religious books are merely good literature they have no other significance.</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
</tbody>
</table>
10. God is the creator and giver therefore one's life should be guided in accordance with God's plan.

11. God created the universe for a specific purpose.

12. Deep faith in God helps one to overcome all crises.

13. The crises and problems of life are God's way to test the faith of man.

14. Unquestioning acceptance of the written word has made man a slave of tradition.

15. It's important to pray to God in the way prescribed in one's religious faith.

16. Every person should have deep faith in some supernatural force higher than oneself, whose decisions one should not question.

17. A pious and God-fearing person will go to heaven.

18. A man without a religion is like a student without a teacher.

19. There is a supreme being or God who controls the destiny of man.

20. Gurudwaras/Temperles/Churches/Mosques have become centres of intrigue and politics.

22. Praying is a sign of weakness and helplessness.

23. Prayer is a means of communication with God and inviting his grace.

24. Religion is the only force which restrains man from committing immoral acts.

25. Social discriminations in our society have their roots in religion.

26. The holy books of any faith are the result of divine inspiration.

27. Gods messengers to earth are Prophets, Saints and Gurus.

28. Happiness can't be gained through prayers, sacrificial offerings.

29. Religion prevents the development of rationality.

30. Religion is the only means of making man aware of his own essential goodness.

31. Belief in God leads to inaction and acceptance of injustice.

32. Every man needs some religious faith to help in meet the problems of life.

33. In every religion people with leadership qualities were proclaimed as Saints and Prophets.
34. Man prays only for selfish reasons.

35. Pilgrimage to holy place of worship of ones faith is necessary for all believers.

36. Churches, temples & mosques, these religious places of worship serve as meeting place for people belonging to the same faith. They have only social significance.

37. Man is the creator of his own destiny.

38. Casually or improperly performed prayer is a disrespect of God.

39. Faith in God makes man more human.

40. Religious places of worship play no role in the spiritual and moral development of man.

41. Man is capable of running his own life without the intervention of any Supreme Being.

42. Gross injustice have been committed in the name of God.

43. Love and compassion for the creatures of the universe is the highest form of religion.

44. There is force or power beyond the understanding of modern science.
Below are given certain statements, which reflect how events around us have affected our reactions and feelings. Please go through each statement carefully and give your response by putting a tick mark (✓) in the column which best indicates how you feel with regard to that statement. There are Three possible responses— Always, Sometimes and Never.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Always</th>
<th>Sometimes</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Life is meaningless and I feel as if I am not me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Now life is not as attractive for me as it was some years ago.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. I believe I am no more.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. At times, I think I am worn out.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Even when I am with people, I feel lonely much of the time.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I at times feel my life is a dream.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Life is meaningless, so there is no need to set any goals.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. I feel everything is unreal.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. The feeling that my tensions and hassles are unreal helps me to live.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. If I get hurt, I feel that pain is not mine, it is somebody else's.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
11. When somebody else calls out my name, I feel that it is actually someone else being addressed. ( ) ( ) ( )

12. Even when someone talks directly to me, I often don't register what he/she is saying. ( ) ( ) ( )

13. I do not cry even when I hear news of the death of a dear one. ( ) ( ) ( )

14. I don't respond to my children's success as I myself can't feel the happiness. ( ) ( ) ( )

15. I can't easily engage in any societal activity because I simply don't feel for it. ( ) ( ) ( )

16. My success hardly fills me with happiness, because I don't experience the feeling of happiness. ( ) ( ) ( )

17. I do not enjoy partying or attending functions, because I as a person hardly feel involved. ( ) ( ) ( )

18. I am an onlooker to any source of happiness associated with me because I am not me. ( ) ( ) ( )

19. I am unconcerned about worries of my dear ones regarding me, because actually it's not me who is worrying them. ( ) ( ) ( )

20. I don't feel insulted when I am denounced by my seniors. ( ) ( ) ( )

21. Even though I carry out the basic religious routine, my soul still yearns for some thing else. ( ) ( ) ( )
22. I hardly bother about the harshness of life, because every thing is like an illusion to me.

23. I don't panic in any untoward situation because I feel its not happening to me.

24. Even if I take food, I still feel hungry because it was not me who had taken the food.

25. While walking, I feel I am being dragged, my legs move but I don't move willingly.

26. I look forward to the future with great anticipation.

27. My life is not in my hands I am not in control of it.

28. I have reached a complete blind alley of purpose.

29. I feel that I have become more of an idealist than being practical because I am often dreaming.

30. I prefer independence, so that I can enjoy this state of unreality for a pretty long time.
INSTRUCTIONS:

Please read the statements carefully one by one. If the statement describes your attitude for the past week including today, tick T indicating true in the column next to the statement. If the statement does not describe your attitude tick F indicating false in the column next to this statement. Please be sure to read each statement carefully.

1. I look forward to the future with hope and enthusiasm. (T) (F)
2. I might as well give up because there is nothing I can do about making things for myself. (T) (F)
3. When things are going badly, I am helped by knowing that they cannot stay that whatsoever. (T) (F)
4. I can't imagine what my life would be like in ten years. (T) (F)
5. I have enough time to accomplish the things I want to do. (T) (F)
6. In future, I expect to succeed in what concerns me most. (T) (F)
7. My future seems dark to me. (T) (F)
8. I happen to be particularly lucky, and I expect to get more good things in life than the average person. (T) (F)
9. I just can't get the breaks and there is no reason I will in the future. (T) (F)
10. My past experiences have prepared me well for the future. (T) (F)
11. All I can see ahead of me is unpleasantness rather than pleasantness. (T) (F)
12. I don't expect to get what I really want. (T) (F)
13. When I look ahead to the future, I expect I will be happier than I am now. (T) (F)
14. Things just don't work out the way I want them to. (T) (F)
15. I have great faith in future. (T) (F)

16. I never get what I want, so it's foolish to want anything. (T) (F)

17. It is very unlikely that I still get any real satisfaction in future. (T) (F)

18. The future seems vague and uncertain to me. (T) (F)

19. I can look forward to more good times than bad times. (T) (F)

20. There is no use in really trying to get anything I want because I probably won't get it. (T) (F)