**LIFE ATTITUDE PROFILE**

Below are given certain statements with which you may agree or disagree. Indicate your response by putting a tick mark (✓) under the suitable category of agreement before each item. Please be open and honest in your responding the seven-point scale:

- **Strongly disagree** (SD)
- **Disagree** (D)
- **Slightly disagree** (Sd)
- **Neither agree nor disagree** (NAND)
- **Slightly agree** (SA)
- **Agree** (A)
- **Strongly agree** (Sa)

1. I feel that some element which I can't quite define is missing from my life.
2. A period of personal hardship and suffering can help give a person a better understanding of the real meaning of life.
3. I expect the future to hold more promise for me than the past has.
4. In my life I have very clear goals and aims.
5. Everyone is held accountable for their life.
6. I day dream of finding a new place for my life and a new identity.
7. I look forward to the future with great anticipation.
8. Every day is constantly new and different.
9. I think about the ultimate meaning of life.
10. I feel a need to develop clearer goals for my life.
11. My life is in my hands and I am in control of it.
12. Even though death is inevitable, I cannot help but be concerned about dying.
13. I have experienced the feeling that while I am distained to accomplish something important, I cannot put my finger on just what it is.
15. In achieving life's goals, I have felt completely fulfilled.
16. In thinking of my life I see reason of my being here.
17. I am restless.
18. Concerning my freedom to make my own choices, I believe I am absolutely free to make all life choices.
19. I think I am generally much less concerned about death than those around me.
20. I feel the lack of and a need to find a real meaning and purpose in my life.
21. I hope for something exciting in the future.
22. I get a great thrill out of just being alive.
23. The meaning of life is evident in the world around us.
24. I try new activities or areas of interest and then these soon lose their attractiveness.
25. Death makes little difference to me one way or another.
26. I am seeking a meaning, purpose or mission for my life.
27. I feel the need for adventure and 'new world to conquer'.
28. My life is running over with exciting good things.
29. I have discovered a satisfying life purpose.
30. I seem to change my main objectives in life.
31. It is possible for me to live my life in terms of what I want to do.

32. I would neither fear death nor welcome it.

33. Over my lifetime I have felt, a strong urge to find myself.

34. I feel that the great fulfillment of my life lies yet in the future.

35. Life to me seems very exciting.

36. I have been aware of an all powerful and consuming purpose towards which my life has been directed.

37. Before I achieve one goal, I start out towards a different one.

38. I regard the opportunity to direct my life as very important.

39. New and different things appeal to me.

40. I am more afraid of death than old age.

41. I determine what happens in my life.

42. Basically, I am living the kind of life I want to live.

43. Some people are very frightened of death, but I am not.

44. My accomplishments in life are largely determined by my own effort.
INSTRUCTIONS

In this booklet there are some questions to see what interests you have and how you feel about certain situations. There are no "right" or "wrong" answers because people have the right to their own views. All you have to do is answer what is true for you.

Some sample questions are given below which you will answer for practice, to see that you understand what you have to do. There are three possible answers to each question. You should answer either "Yes" or "No", (or "A" or "B"), by marking a (X) in the appropriate box. Mark the last answer or "C" only when it is impossible to say "Yes" or "No". Now answer the five practice questions given below:

EXAMPLES:

1. I prefer friends who are:
   - quiet,
   - lively,
   - can't decide.

2. People say I'm impatient.
   - true,
   - false,
   - uncertain.

3. I like to watch team games.
   - yes, often,
   - no, never,
   - sometimes.

4. I would like to be: (A) a mechanic, (B) a salesman (C) undecided.
   - (A)
   - (B)
   - (C)

Ask now if something is not clear.

In the following pages, you will find more questions similar to those above. As you answer the questions, keep these four rules in mind:

1. Give only answers that are true for you. It is best to say what you really think.

2. You may have as much time as you need, but try to go fairly fast. It's best to give the first answer that comes to you and not spend too much time on any one question.

3. Answer every item one way or the other. Don't skip any item.

4. You should mark the (a) or (b) answer most of the time. Mark the last (c) answer only when you feel you have to, because neither (a) nor (b) seems to be right for you.

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1. If I could get the right training, I would rather be: (A) a manager in a company, (B) a guidance counsellor with young people, (C) none of the above.

2. There are times when I do, what I want and pay no attention to rules and regulations.

3. It is embarrassing for me if I suddenly become the center of attention at a social gathering. (A) yes, very much, (B) no, not at all, (C) slightly.

4. I feel too disgusted to eat even if the plates are slightly dirty.

5. I am worried about my actions when I am doing things independently.

6. I am active in large gatherings, such as parties or public meetings.

7. I am careful of people who get more friendly and familiar very easily. (A) yes, always, (B) no, not necessarily, (C) sometimes.

8. A person should take action fast when deciding a practical matter.

9. I get “stage-fright” when I come into a room full of people.

10. I am quite frank in telling people my feelings and ideas, and I never have regrets for it.

11. I am never disturbed by threats.

12. I feel uncomfortable if several people watch me at work.

13. I can put worries and responsibilities out of my mind whenever I want to.

14. I usually feel my way to a decision slowly rather than decide quickly by logic or reason.

15. I consider myself as a very sociable, outgoing person.

16. Raising funds for a helping cause is: (A) quite enjoyable for me, (B) an unpleasant job for me, (C) undecided.

17. It is more important to: (A) get along smoothly with people, (B) practice your own ideas, (C) uncertain.

18. In a small group, I prefer to sit back and let others do most of the talking.

19. I would enjoy more being: (A) an office manager, (B) an architect, (C) uncertain.

20. Society should be guided by logical thinking rather than by sentimental beliefs.

21. I like to join clubs and social groups. (A) true, (B) false, (C) not very keen.

22. I think my memory has improved and is better than before.

PLEASE GO ON TO THE NEXT PAGE
23. I'm uncomfortable when others are waiting on something that needs quick action.

24. I prefer to stay away from public meetings.

25. "Rope" is to "tie" as "knife" is to.

26. There are ways in which I honestly consider myself better than most people.

27. To be cautious and not expect too much is better than to be over-cheerful, and always expect success.

28. Which one of the following things is different from the others?

29. I like to direct others in their work.

30. In reading, I prefer to read light, family stories rather than war or adventure stories.

31. Which one of the following fractions is not the same kind as the others?
   (A) 3/7, (B) 3/9, (C) 3/11

32. In an argument, my mind does not seem to work too well. (A) true, I get confused, (B) false, I am always cool, (C) uncertain.

33. I would prefer to dress up: (A) in something everyone will notice, (B) neatly and quietly, (C) uncertain.

34. "Large" means the same as:

35. If I were to disagree with my boss, I would probably: (A) keep it to myself, (B) come out and say so, (C) uncertain.

36. I like to spend an evening: (A) at a lively party, (B) with a quiet hobby, (C) undecided.

37. Which one of the following should come next at the end of this row of letters: xoxxx xoxox xoxox?

38. When I have to convey my disapproval or disagreement, I stay calm and I am not nervous.

39. I would rather spend time fishing or gardening than watching horse or car races.

40. "Size" is to "length" as "dishonest" is to:

41. Being waited on by a servant or someone like that: (A) embarrasses me, (B) makes me feel fine, (C) uncertain.

42. I like to play practical jokes on people without any ill-feeling in them.

43. Which one of the following words does not belong with the others?

44. I have sometimes, had hateful feelings towards my parents

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<tbody>
<tr>
<td>45</td>
<td>If my boss called me in his room, I would (A) be afraid I had done something wrong, (B) make it a chance to ask for something I want, (C) get confused. (A) true, (B) false, (C) undecided.</td>
</tr>
<tr>
<td>46</td>
<td>I am usually not very particular about details, for example, remembering particular names of roads or shops in the city. (A) true, I am not, (B) false, I am, (C) undecided.</td>
</tr>
<tr>
<td>47</td>
<td>As a teenager, if my opinion was different from what my parents thought, I usually (A) accepted their authority, (B) kept my own opinion, (C) undecided. (A) true, (B) false, (C) uncertain.</td>
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<tr>
<td>48</td>
<td>If friends or neighbours treat me badly and show they dislike me, (A) I tend to get downhearted, (B) it doesn't upset me a bit, (C) can't decide. (A) true, (B) false, (C) undecided.</td>
</tr>
<tr>
<td>49</td>
<td>I like to have friends who (A) are efficient and practical, (B) seriously think out their attitudes toward life, (C) uncertain. (A) true, (B) false, (C) undecided.</td>
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<tr>
<td>50</td>
<td>The glamour of any big national ceremony should be preserved. Yes, always, no, never, sometimes.</td>
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<tr>
<td>51</td>
<td>I get depressed if I think seriously about my responsibilities. Quite often, very rarely, sometimes.</td>
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<tr>
<td>52</td>
<td>When I am talking, I hardly ever walk up and down, or use my arms to express my ideas. True, never, false, I do, uncertain.</td>
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<tr>
<td>53</td>
<td>When our reason tells us old customs and traditions are out of date, we should drop them. Agree, disagree, uncertain.</td>
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<td>54</td>
<td>I rarely lie awake because of unhappy, disturbing ideas. Yes, no, uncertain.</td>
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<td>55</td>
<td>I would enjoy being a newspaper writer on drama, concerts, plays, etc. I agree, I disagree, undecided.</td>
</tr>
<tr>
<td>56</td>
<td>It is easy to change people's ideas by logic and reason. I agree, I disagree, undecided.</td>
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<tr>
<td>57</td>
<td>If I know that an operation is being done on an animal (for a good reason), it does not upset me. (A) true, (B) false, perhaps.</td>
</tr>
<tr>
<td>58</td>
<td>Members of my family quickly show their irritation over small things. (A) yes, quite a lot, (B) no, not at all, (C) sometimes.</td>
</tr>
<tr>
<td>59</td>
<td>Most people will fool themselves and give silly reasons in order to keep comfortable privileges or gain a profit. True, false, perhaps.</td>
</tr>
<tr>
<td>60</td>
<td>Even in times of trouble, my spirits are generally high. True, false, uncertain.</td>
</tr>
<tr>
<td>61</td>
<td>I like vivid, true-to-life love scenes in a movie. True, false, uncertain.</td>
</tr>
<tr>
<td>62</td>
<td>To get an interesting argument going, I believe in gently telling people what is wrong with their ideas. Generally, never, occasionally.</td>
</tr>
<tr>
<td>63</td>
<td>I have a feeling that my friends don't need me so much as I need them. True, false, uncertain.</td>
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<tr>
<td>64</td>
<td>I don't enjoy long discussions with people who have ideas about serious, intellectual things. True, I don't, false, I do, undecided.</td>
</tr>
<tr>
<td>65</td>
<td>Sometimes I feel like starting an argument or picking up a fight with someone just for the sake of doing it. Yes, I do, no, never, can't decide.</td>
</tr>
<tr>
<td>66</td>
<td>It's hard for me to admit it when I am wrong. Yes, no, sometimes.</td>
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67. I am considered by others as a stable and a confident person.  
   yes, certainly, no, sometimes,  

68. When the time comes to do something I have planned and looked forward to, I don't feel up to doing it.  
   often, almost never, sometimes,  

69. I like to go to shows and social outings.  
   yes often, very rarely, sometimes.  

70. I am not scared or shy of speaking in front of a large group. (A) true, I am never bothered by it, (B) false, I find it very hard, (C) sometimes it bothers me.  
   (A) (B) (C)  

71. Thunder and lightning hardly ever upset me. (A) true, they don't, (B) false, they do, (C) sometimes.  
   (A) (B) (C)  

72. I hardly ever get impatient and angry with people. (A) true, I almost never do, (B) false, I get angry quickly, (C) uncertain.  
   (A) (B) (C)  

73. I am able to concentrate on one job or plan for as long as possible.  
   yes, always, no, never, sometimes.  

74. I seldom get so excited that I say things I am sorry for. (A) true, I don't, (B) false, I do say such things, (C) uncertain.  
   (A) (B) (C)  

75. Disturbing and troubling thoughts sometimes race through my head.  
   true, a lot, not at all, not much.  

76. While making my decisions I give more value on: (A) what is right and wrong, (B) what is practicable or workable, (C) can't decide.  
   (A) (B) (C)  

77. In a dark house, I cannot control my fears.  
   true, false, sometimes.  

78. I am not given to big "ups" and "downs" of mood.  
   true, I am not, false, I am, sometimes.  

79. I like a job with variety, even if it has a bit of risk.  
   yes, no, at times.  

80. If I meet drunken people, I: (A) stay cool and relaxed (B) get very nervous and embarrassed, (C) I am slightly nervous.  
   (A) (B) (C)  

81. I believe in: (A) "Don't worry be happy", (B) being sober in everyday matters, (C) undecided moods.  
   (A) (B) (C)  

82. When one small thing after another goes wrong, I: (A) carry on as usual, (B) feel discouraged, (C) uncertain.  
   (A) (B) (C)  

83. I see many emotional dreams that leave me disturbed when I wake up.  
   true, false, sometimes.  

84. In my next life, I would prefer to lead: (A) the same kind of life, (B) a more comfortable life, (C) can't say.  
   (A) (B) (C)  

85. I enjoy organizing a social group, such as a club or a team.  
   yes, often, never, occasionally.  

86. My mood and efficiency are generally not affected by the changes in the weather.  
   true, false, sometimes.  

87. I often lose control over my emotions and feelings.  
   true, false, uncertain.  

88. When I know I am doing the right thing, I find my task easy.  
   always, never, sometimes.  

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89. I think that being free to do what I like is more important than good manners and respect for the law. 

Very true, no, false, uncertain

Yes, always, no, never, sometimes

Yes, always, no, not always, sometimes

90. My actions get influenced while experiencing feelings of jealousy.

(A) make sure what I say is right, (B) say what I feel like saying, (C) can't decide.

(A) (B) (C)

91. In school, I had a keen interest in (or still prefer) (A) music, (B) handicrafts, (C) none of the above.

(A) (B) (C)

92. I am a fairly strict person who always wants to see the right things done.

In an argument, I: (A) make sure what I say is right, (B) say what I feel like saying, (C) can't decide.

(A) (B) (C)

93. For reading I usually enjoy, (A) true-to-life action stories, (B) light, imaginative things, (C) nothing in particular.

(A) (B) (C)

94. While working, I: (A) try to plan ahead (B) expect problems will be taken care of by themselves when they come, (C) can't decide.

(A) (B) (C)

95. My actions get influenced while experiencing feelings of jealousy.

In school, I had a keen interest in (or still prefer) (A) music, (B) handicrafts, (C) none of the above.

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For reading I usually enjoy, (A) true-to-life action stories, (B) light, imaginative things, (C) nothing in particular.

(A) (B) (C)

97. While working, I: (A) try to plan ahead (B) expect problems will be taken care of by themselves when they come, (C) can't decide.

Without thinking first, I say hateful things to people I usually love.

98. People think I am too careless and casual, even then they like me.

99. When I talk, I like (A) to say things just as they come to me, (B) to get my thoughts organized first, (C) can't say.

(A) (B) (C)

100. I often feel that I should go away and travel like a gypsy.

If people are clever enough to twist the rules without breaking them, they should. (A) certainly do so, (B) not do it anyway, (C) do so if unavoidable.

(A) (B) (C)

101. I get excited about plays and novels.

If my banker made a careless mistake, and didn't charge me for something I should have paid, (A) it wouldn't be my business to tell them, (B) I would feel I had to point it out and pay, (C) uncertain.

(A) (B) (C)

102. I always believe in doing the socially acceptable thing and to ask how my actions look to others.

103. I am a fairly strict person who always wants to see the right things done.

104. In school, I preferred (or still prefer) (A) arithmetic or mathematics, (B) literature or English, (C) uncertain.

(A) (B) (C)

105. I trained myself to be very patient with people.

106. In school, I preferred (or still prefer) (A) arithmetic or mathematics, (B) literature or English, (C) uncertain.

107. If my banker made a careless mistake, and didn't charge me for something I should have paid, (A) it wouldn't be my business to tell them, (B) I would feel I had to point it out and pay, (C) uncertain.

(A) (B) (C)

108. If I am left out by my friends I: (A) make a fuss out of it, (B) take it calmly, (C) uncertain.

(A) (B) (C)

109. I am more sensitive to art and surroundings than most people.

110. My mind doesn't work very clearly all the time.

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6
111 In situations when politeness does not work, I get tough and sharp

112 I like to do team work with lots of other people involved

113 Regular newspaper issues are not interesting for me. (A) yes, true, (B) no, they are interesting for me, (C) it's difficult to decide

114 It is more important to bring up children with kindness than to teach them to be self reliant or successful in life

115 In designing something, I would prefer to work on my own, in a team, can't decide

116 Nobody gets angry in my family

117 I resent aggressive people more than I dislike people who talk a lot about their troubles

118 I like to socialize even if I am not a prominent figure in the group

119 People who brag or show they think too much of themselves, irritate me a lot. (A) yes, always, (B) no, hardly ever, (C) sometimes

120 Certain animals make me nervous

121 I like to do my own planning, without any interruptions and suggestions from others

122 I don't get worked up or show my emotions in my voice as much as most people do

123 I feel a need to go in for some heavy physical activity.

124 When I do what I want, I find I am generally: (A) understood only by close friends, (B) doing what most people think is okay, (C) undecided.

125 I never get bored or annoyed with poorly educated people

126 I enjoy the company of some animals like - cats, dogs, and horses, etc.

127 I don't like people to say I am different or peculiar

128 Most people would try to get away with as much as they could if they were not afraid of being caught.

129 I value good manners and social 'know-how' more than certain other traits present in people

130 I would rather enjoy life quietly in my own "way" than be admired for my achievements

131 If I make a silly mistake I soon forget it

132 I am not very considerate of other people

PLEASE GO ON TO THE NEXT PAGE
133. I would prefer to be: (A) high school teacher, (B) a forester, (C) uncertain.

134. I just can’t stand those people, who talk nonsense.

135. If the income were the same, I would prefer to be: (A) a navigator or pilot, (B) a lawyer, (C) none of the above.

136. I get irritated over small setbacks very easily.

137. If I had an idea for a new kitchen gadget, I would prefer: (A) working on it in the laboratory, (B) selling it to the people, (C) I am uncertain about it.

138. While playing a game, it doesn't irritate me if others pass their comments. (A) true, it doesn’t, (B) false, it does, (C) sometimes.

139. It would be more interesting to be: (A) an artist or sculptor, (B) a social club secretary, (C) none of the above.

140. People seem to get in my way and frustrate me a lot.

141. On special holidays and birthdays, I: (A) like to give presents, (B) feel that buying presents is a nuisance, (C) not concerned.

142. The noise of a nail on glass, and similar screechy sounds, set my nerves on edge. (A) unbearably, (B) not at all, (C) somewhat.

143. If I am asked to work for a charity, I would: (A) generally accept, (B) say “I am too busy”, (C) occasionally accept it.

144. When something really makes me furious, I calm down again quite quickly.

145. I have never done daring things just for fun. (A) true, I never have, (B) False, I Have, (C) sometimes.

146. I feel restless as if I want something but do not know what.

147. I may deceive people by being friendly when I really dislike them.

STOP HERE, MAKE SURE YOU HAVE ANSWERED EVERY QUESTION.