FRUSTRATION SCALE

(after item analysis)

INSTRUCTIONS: Below are 37 statements which may or may not be related to events in your life. There are five alternatives answers given against each statement viz, not at all/never, rarely, sometimes, usually and always. You requested to put a (✓) tick mark at the appropriate place which represent your style of behaviour.

1. Do you resent if you are not allowed to go out with other children.
   Never   Rarely   Sometimes   Usually   Always

2. Do you ever feel that your parents liked your brother/sister more than you.
   Always   Usually   Sometimes   Rarely   Not at all

3. Do you feel hurt when you do something good and it is not appreciated.
   Never   Rarely   Sometimes   Usually   Always

4. Do you feel bad if somebody comes and praise your best friend infront of you
   Not at all   Rarely   Sometimes   Usually   Always

5. Do you share your problems with your family members...
   Never   Rarely   Sometimes   Usually   Always

6. Do you feel that if you were old enough things would be different for example you could take care of the family.
   Always   Usually   Sometimes   Rarely   Not at all

7. Do you feel secure at home
   Always   Usually   Sometimes   Rarely   Not at all

8. Would you hurt somebody just to get even with him/her
   Never   Rarely   Sometimes   Usually   Always

9. Would you feel miserable in a situation which is out of control.
   Not at all   Rarely   Sometimes   Usually   Always

10. Do you easily get upset.
    Not at all   Rarely   Sometimes   Usually   Always

11. Do you feel guilty after doing anything wrong.
    Always   Usually   Sometimes   Rarely   Not at all

12. Do you ever wish that things would be different from what they are.
    Not at all   Rarely   Sometimes   Usually   Always

13. Would you get upset if somebody said that he did not like you.
    Not at all   Rarely   Sometimes   Usually   Always
<table>
<thead>
<tr>
<th>Number</th>
<th>Question</th>
<th>Scale Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Do you feel bad if there is no source of enjoyment at home (like T.V., radio)</td>
<td>Not at all</td>
</tr>
<tr>
<td>15</td>
<td>Do you feel bad when you don’t get enough time to play with friends.</td>
<td>Always</td>
</tr>
<tr>
<td>16</td>
<td>Do you sulk if you are not allowed to play for a long time</td>
<td>Always</td>
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<tr>
<td>17</td>
<td>Do you have a long list of things to be unhappy about.</td>
<td>Not at all</td>
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<tr>
<td>18</td>
<td>Do you wish you were born in some other family</td>
<td>Not at all</td>
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<tr>
<td>19</td>
<td>Would you do certain things out of compulsion.</td>
<td>Always</td>
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<tr>
<td>20</td>
<td>Do you get angry when someone does not trust you</td>
<td>Always</td>
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<tr>
<td>21</td>
<td>Do you believe that if need be one should break all the rules and regulations of the society.</td>
<td>Not at all</td>
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<tr>
<td>22</td>
<td>Do you remember your past and can not forget some memories.</td>
<td>Not at all</td>
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<tr>
<td>23</td>
<td>Do you like the situation in which you are in control.</td>
<td>Always</td>
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<tr>
<td>24</td>
<td>If there is not enough to eat would you fight with your parents.</td>
<td>Always</td>
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<tr>
<td>25</td>
<td>Would you leave person who does not care for you.</td>
<td>Not at all</td>
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<tr>
<td>26</td>
<td>Would you feel humiliated if your father just sat at home and did nothing.</td>
<td>Always</td>
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<tr>
<td>27</td>
<td>Do you hate anyone?</td>
<td>Not at all</td>
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<tr>
<td>28</td>
<td>Do you go by your own rules least bothering about the society.</td>
<td>Never</td>
</tr>
<tr>
<td>29</td>
<td>Do you feel one should be able to change himself/herself according to the circumstances.</td>
<td>Not at all</td>
</tr>
</tbody>
</table>
30. Would you be friend with a person even if you know that he/she is not faithful to you.

<table>
<thead>
<tr>
<th>Option</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Usually</th>
<th>Always</th>
</tr>
</thead>
</table>

31. What would you do if your friends cheated you,
1. Keep distance,
2. Not to trust him anymore,
3. Ignore him in future,
4. Stop talking to him,
5. To beat him up.

32. How do you feel when your parents scold you in front of others.
1. Does not matter,
2. Got used to scolding,
3. Feel depressed,
4. Feel humiliated,
5. Very hurt.

33. How would you feel when you want money or something important and your parents say they don't have any money.
1. Accept it as normal,
2. Try to persuade,
3. Feel bad,
4. Feel hurt,
5. Decide never to ask for it again.

34. How do you feel when you see other children get whatever they want and you can not.
1. Does not matter;
2. Got used to it,
3. Feel bad,
4. Feel hurt,
5. Feel very frustrated.

35. How do you feel if your parents were busy somewhere else and paid less attention to you.

<table>
<thead>
<tr>
<th>Option</th>
<th>Nothing</th>
<th>Feel bad</th>
<th>Feel hurt</th>
<th>Feel lonely</th>
<th>Feel frustrated</th>
</tr>
</thead>
</table>

36. Are you close to your family.

<table>
<thead>
<tr>
<th>Option</th>
<th>Very much</th>
<th>Usually</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Not at all</th>
</tr>
</thead>
</table>

37. Would you hate if things were not going according to your plan.

<table>
<thead>
<tr>
<th>Option</th>
<th>Not at all</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Occasionally</th>
<th>Very much</th>
</tr>
</thead>
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