PERSONAL DATA

******

NAME : 
AGE : 
SEX : 
BIRTH ORDER : 
CASTE : 
CLASS : 
SCHOOL : 
ECONOMIC STATUS : 
LOCALITY : 
REGION : 
FAMILY : 
No. of Siblings : Male : 
Female : 
Total Number of Members in the family :

Staying with : Father/Mother/Guardian/ Hostel
STRESS INVENTORY

In our day to day life we face problems that create difficulties for us. These problems may or may not put us on psychological stress and strain (for eg: not able to compete with others may cause some stress in me). These difficulties can be physical, psychological, educational, Emotional, Cultural, Financial, Vocabulary. In the next page we have listed some of the general situations faced by children. Please read each of the situations which are likely to produce stress in you and if you have experienced stress in any of the situations please put a tick mark (√) in the appropriate category given on the right side of the statement of the situations.

For eg: if you think 'not able to compete with others' has made you feel stress likely given a Tick mark (√) under light level.

Not able to compete with others

If you feel you have faced moderate stress place a tick mark under moderate level

If you feel more stress in the situation place a tick mark under heavy
As you read through indicate the areas in which you have encountered a stressful situation and intensity of stress. If you have not felt stress please omit those items. As you go through these situations you may feel that there are many situations which have not been included in the list given by us. But those situations have cost stress in you please write them in the space provided at the end of the questionnaire.

The data provided by you will be used for my research purpose, and unable me to develop a questionnaire which will measure stress in children. Your data will be kept absolutely confidential.

Thank you,

VISWANATHA REDDY. P

1. Having not attractive Physical appearance.
2. Too easily discouraged.
3. I have to work hard to learn anything.
4. Not able to develop a whole some attitude toward society.
5. Feeling tired much of the time.
6. I feel depressed.
7. Disinterest to participate in co-curricular activities.
8. Not going to Church/Temple/Mosque.
9. Unable to have or wear good cloths.
10. Parents are separated or divorced.
11. Easily distracted from my work.
12. My parents are old fashioned in their ideas.
13. Unable to learn necessary physical skills.
   (Painting, weaving, playing foot ball and running).
14. Unable to seek permission to go out of class or house.
15. Not planning my work ahead.
16. Difficulty to conform to groups.
17. Not getting enough exercise.
18. I feel insecurity and unhappy.
20. Not able to compete with others.
22. Constant friction/ disturbance in my home make me unpleasement.
23. Poor concentration while studying.
24. Being ignored or rebuffed by the group.
25. Occasional pressure and pain in my head.
26. Over reacting to my parents when they criticize or punish me.
27. Not able to question the teacher about a word, a Phrase or sentence.

28. Not accepted by the group to play.

29. Frequent - Sore throat.

30. Unable to express emotions.

31. Lack of suitable educational guidance.

32. Being as a mischief - maker.

33. Inability to play alone or get himself / herself engaged on same work / play.

34. Afraid of losing the one I love.

35. I am not able accumulate or remember more information about different subjects.

36. Too little social life.

37. Frequent - colds.

38. I feel that I'm self - centered.

39. Forget the lessons in the time of exams.

40. Not telling parents everything.

41. Poor health

42. Suffer from all kinds of fear.

43. Teachers could not express the lessons in right manner or way.

44. Difficult to adjust to new situations.
45. Poor eating habits.
46. Finding difficult to relax.
47. I can not write fast.
48. Not able to know the values and the attitudes of gang members.
49. In capacity to play ordinary games. (Throwing and catching balls, riding a bycycle, swimming and scatting etc.,)
50. I feel lonely.
51. Faulty pronounciation and grammatical errors.
52. Difficulty to follow the customs and norms in the society.
53. Unable to cut simple shapes.
54. Iam very stubborn.
55. Difficulty to learn large etiquette vocabularies (please and thank you)
56. Difficulty to play leadership roles.
57. Poor complexion (or) skin trouble.
58. I argue too much.
59. Difficulty to learn colour vocabulary (learn the names of all the common colours.)
60. Unable to play to competitive games.
COPING INVENTORY

In our day to day life we all face some problems which sometime make us to feel psychological stress and strain (for example: Not able to get good marks in the exams or not able to play effectively in the play ground). In such situation each of us have our own way of handling the problems. Here below there are list of certain ways, which are used by people in handle their problems.

◊ If you accept these statement mark 'YES' against the statement.

◊ If you don't accept mark 'NO' against the statement.

◊ If you are undecided mark 'Undecided' against the statements. Try to select either 'YES' or 'NO' and avoid the middle option as far as possible.

The data provided by you is being used for research and will kept absolutely confidential.

VISWANATHA REDDY.P
1. I try to identify the cause of the problem before solving it.
2. I gather more information about the problem before solving it.
3. I am not bothered by the problem.
4. I divide the problem and pay attention to one aspect of the situation at a time in solving a problem.
5. I seek guidance and help from others to overcome the problems.
6. I try to stay emotionally stable by suitable other activities.
7. I depend upon relevant past-experiences to solve a problem.
8. I don't stick to one way of overcoming a problem but try alternative ways and select the best way to overcome it.
9. I tell myself that I am master of the situations and stay emotionally stable.
10. I mentally rehearse the possible actions to be taken to solve the problems and their consequences.
11. I try to acquire new skills to solve a problem.
12. I feel 'time' will solve the problem.
13. I accept the reality of the situation/problem and adjust to it.
14. I try to handle the problem directly rather indirectly.
15. I accept the situation as it is.
16. I try to see some good may come out of the problem and adjust to it.
17. I sometimes solve the problem through compromising with, what has happened to me.

18. I feel nothing can be done to change things.

19. I adjust to the situation by thinking that the things can be worse rather than what then are today.

20. When I am not able to solve the problem I change my goals and go in a different directions.

21. I submit to my fate.

22. I feel that I am better than many others in solving the problems.

23. I choose alternative methods of gaining satisfaction. If I am not able to overcome the problem.

24. I let off my emotional steam by crying.

25. I don't think that there is a danger in the situation and avoid it.

26. I feel like smoking when I am not able to overcome a problem.

27. I don't think about the problems at all.

28. I hit others when I am not able to solve my problem.

29. I try to avoid the problems.

30. I feel like using drugs to get away from the problem.
WHAT TO DO: You have a Booklet and an Answer Sheet. Write your name, age, etc., on the Answer Sheet where it tells you to.

We want to know what sort of a person you are. The paper before you has questions about your interests and your likes and dislikes. First, we shall give you two examples so that you will know exactly what to do. After each question there are three answers. Although you are to read the questions in this Booklet, you must put your answers on the Answer Sheet, alongside the same number as in the Booklet. Read the following examples and mark an x for your answers on the Answer Sheet where indicated:

EXAMPLES:

1. Which would you rather do:
   a. visit a zoo.
   b. uncertain.
   c. go up in an airplane?

2. If you have a quarrel, do you
   a. yes.
   b. in between.
   c. no. (uncertain)

As you see from these examples, there are usually no right and wrong answers. Each person is different and has only to say what is true for him. You can always find one answer that suits you a little better than the others, so never leave a question without marking one of the answers.

Inside you will find more questions like the ones above. When you are told to turn the page, begin with number 1 and go on until you finish all the questions. In answering them, please keep these four points in mind:

1. Answer the questions frankly and truthfully. There is no advantage in giving the wrong impression. Never give an untrue answer about yourself because you think it is the “right thing to say.” There are ways of detecting such unfair answers.

2. Please answer the questions as quickly as you can. Do not spend time puzzling over them. Give the first, natural answer as it comes to you. Some questions are a bit similar to others but no two are exactly alike and your answers will often differ in these cases.

3. Use the middle answer only when it is absolutely impossible to lean toward one or the other of the answer choices. In other words, the “yes” (or “a”) or the “no” (or “c”) answer should be used for most cases.

4. Do not skip any questions. Occasionally a statement may not seem to apply to you or your interests, but answer every question, somehow.

If there is anything you want to ask about what you have to do, ask now. If there is nothing now, but you meet a word later on you do not understand, stop and ask then.

DO NOT TURN PAGE UNTIL TOLD TO DO SO


IPAT A4-A3A
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have you understood the instructions?</td>
<td>a. yes, b. uncertain, c. no.</td>
</tr>
<tr>
<td>2. At a picnic would you rather spend some time:</td>
<td>a. exploring the woods alone, b. uncertain, c. playing around the campfire with the crowd</td>
</tr>
<tr>
<td>3. When you write an essay about your personal thoughts and feelings, do you:</td>
<td>a. enjoy telling about yourself, b. uncertain, c. prefer to keep some ideas to yourself</td>
</tr>
<tr>
<td>4. When you do a foolish thing, do you feel so badly that you wish the earth would just swallow you up?</td>
<td>a. yes, b. perhaps, c. no.</td>
</tr>
<tr>
<td>5. Do you find it easy to keep an exciting secret?</td>
<td>a. yes, b. sometimes, c. no.</td>
</tr>
<tr>
<td>6. Compared to other people, do you make up your mind:</td>
<td>a. with hesitation, b. in between, c. with certainty</td>
</tr>
<tr>
<td>7. When things go wrong and upset you, do you believe in:</td>
<td>a. just smiling, b. in between, c. making a fuss.</td>
</tr>
<tr>
<td>8. If friends' ideas differ from yours, do you keep from saying yours are better, so as not to hurt their feelings?</td>
<td>a. yes, b. sometimes, c. no.</td>
</tr>
<tr>
<td>9. Do you laugh with your friends more in class than other people do?</td>
<td>a. yes, b. perhaps, c. no.</td>
</tr>
<tr>
<td>10. Do most people seem to enjoy your company?</td>
<td>a. yes, a lot, b. just average, c. no.</td>
</tr>
<tr>
<td>11. Which of these says better what you are like?</td>
<td>a. a dependable leader, b. in between, c. charming, good looking.</td>
</tr>
<tr>
<td>12. Do you sometimes feel, before a big party or outing, that you are not so interested in going?</td>
<td>a. yes, b. perhaps, c. no.</td>
</tr>
<tr>
<td>13. When you rightly feel angry with people, do you think it's all right for you to shout at them?</td>
<td>a. yes, b. perhaps, c. no.</td>
</tr>
<tr>
<td>14. When classmates play a joke on you, do you usually enjoy it as much as others without feeling at all upset?</td>
<td>a. yes, b. perhaps, c. no.</td>
</tr>
<tr>
<td>15. Are there times when you think, &quot;People are so unreasonable, they can't even be trusted to look after their own good&quot;?</td>
<td>a. true, b. perhaps, c. false.</td>
</tr>
<tr>
<td>16. Can you always tell what your real feelings are, for example, whether you are tired or just bored?</td>
<td>a. yes, b. perhaps, c. no.</td>
</tr>
<tr>
<td>17. Do you think there is a fair chance that you will be a well-known, popular figure when you grow up?</td>
<td>a. yes, b. perhaps, c. no.</td>
</tr>
<tr>
<td>18. When you are given higher grades than you usually make, do you feel that the teacher might have made a mistake?</td>
<td>a. yes, b. perhaps, c. no.</td>
</tr>
<tr>
<td>19. Would you rather be:</td>
<td>a. a traveling TV actor, b. uncertain, c. a medical doctor</td>
</tr>
<tr>
<td>20. Do you think that life has been a bit happier and more satisfying for you than for many other people?</td>
<td>a. yes, b. perhaps, c. no.</td>
</tr>
<tr>
<td>21. Do you have trouble remembering someone's joke well enough to tell it yourself?</td>
<td>a. yes, b. sometimes, c. no.</td>
</tr>
</tbody>
</table>
22. Have you enjoyed being in drama, such as school plays?
   a. yes, b. uncertain, c. no.

23. “Mend” means the same as:
   a. repair, b. help, c. patch.

24. “Truth” is the opposite of:
   a. fancy, b. falsehood, c. denial.

25. Do you completely understand what you read in school?
   a. yes, b. usually, c. no.

26. When chalk screeches on the blackboard does it make you feel queer?
   a. yes, b. perhaps, c. no.

27. When something goes badly wrong, do you get very angry with people before you start to think what can be done about it?
   a. often, b. sometimes, c. seldom.

28. When you finish school, would you like to:
   a. do something that will make people like you, though you are poor,
   b. uncertain, c. make a lot of money?

29. Do you dislike going into narrow caves or climbing to high places?
   a. yes, b. sometimes, c. no.

30. Are you always ready to show, in front of everyone, how well you can do things compared with others?
   a. yes, b. perhaps, c. no.

31. Do you like to tell people to follow proper rules and regulations?
   a. yes, b. sometimes, c. no.

32. Can you talk to a group of strangers without stammering a little or without finding it hard to say what you want to?
   a. yes, b. perhaps, c. no.

33. Do some types of movies upset you?
   a. yes, b. perhaps, c. no.

34. Would you enjoy more watching a boxing match than a beautiful dance?
   a. yes, b. perhaps, c. no.

35. If someone has been unkind to you, do you soon trust him again and give him another chance?
   a. yes, b. perhaps, c. no.

36. Do you sometimes feel you are not in much good, and that you never do anything worthwhile?
   a. yes, b. perhaps, c. no.

37. In the first grade, did you always go to school without your mother’s having to make you?
   a. yes, b. perhaps, c. no.

38. Do you tend to be quiet when out with a group of friends?
   a. yes, b. sometimes, c. no.

39. Do people say that you are a person who can always be counted on to do things exactly and methodically (carefully)?
   a. yes, b. perhaps, c. no.

40. If someone puts on noisy music while you are trying to work, can you still go on working?
   a. yes, b. perhaps, c. no.

41. Would you rather spend some spare pocket money on:
   a. a popular dance record,
   b. uncertain,
   c. a book to show how you can earn more pocket money?

(End column 2 on answer sheet.)
42. Do you feel hurt if people borrow your things without asking you?  
   a. yes, b. perhaps, c. no.

43. "Firm" is the opposite of:  
   a. hard, b. kind, c. loose.

44. "Rich" is to "money" as "sad" is to:  
   a. trouble, b. friends, c. land.

45. Have you always got along really well with your parents, brothers, and sisters?  
   a. yes, b. perhaps, c. no.

46. If your friends leave you out of something they are doing, do you:  
   a. think they made a mistake,  
   b. in between,  
   c. feel hurt and angry?

47. Do people say you are sometimes careless and untidy, though they think you are a fine person?  
   a. yes, b. perhaps, c. no.

48. Have you ever told your parents that some teachers are too old-fashioned to understand modern young people like you and your friends?  
   a. yes, b. perhaps, c. no.

49. Which would you rather be:  
   a. the most popular person in school,  
   b. uncertain,  
   c. the person with the best grades?

50. In a group of people, are you generally one of those who tells jokes and funny stories?  
   a. yes, b. perhaps, c. no.

51. Are you usually patient with people who speak very fast or very slowly?  
   a. yes, b. sometimes, c. no.

52. Are your feelings easily hurt?  
   a. yes, b. perhaps, c. no.

53. In a play, would you rather act the part of a famous teacher of art than a tough pirate?  
   a. yes, b. perhaps, c. no.

54. Which course would you rather take:  
   a. practical mathematics,  
   b. uncertain,  
   c. foreign language or drama?

55. Would you rather spend free time:  
   a. by yourself, on a book or stamp collection,  
   b. uncertain,  
   c. working under others in a group project?

56. Do you feel that you are getting along well, and that you do everything that could be expected of you?  
   a. yes, b. perhaps, c. no.

57. Do you find yourself humming tunes someone else started?  
   a. yes, b. perhaps, c. no.

58. When a new fad starts, for example, in dress or way of speaking, do you:  
   a. start early and go along with it,  
   b. uncertain,  
   c. wait and watch before deciding if you will follow it?

59. Would you like to be extremely good-looking, so that people would notice you wherever you go?  
   a. yes, b. perhaps, c. no.

60. Do you feel that most of your wants are reasonably well satisfied?  
   a. yes, b. perhaps, c. no.

61. When you read an adventure story, do you:  
   a. get bothered whether it is going to end happily,  
   b. uncertain,  
   c. just enjoy the story as it goes along?
8. In dancing or music, do you pick up a new rhythm easily?
   a. yes,  b. sometimes,  c. no.

63. "Picture" is to "scenery" as "novel" is to:
   a. locality,  b. history,  c. book.

64. If Joan's mother is my father's sister, what relation is Joan's father to me?
   a. father,  b. brother,  c. uncle.

65. Do you often make big plans and get excited about them, only to find that they just won't work out?
   a. yes,  b. occasionally,  c. no.

66. Can you work hard on something, without being bothered if there's a lot of noise around you?
   a. yes,  b. perhaps,  c. no.

67. Do you often remember things differently from other people, so that you have to disagree about what really happened?
   a. yes,  b. perhaps,  c. no.

68. Do you prefer having teachers tell you how things should be done?
   a. yes,  b. perhaps,  c. no.

69. When you are ready for a job, would you like one that:
   a. is steady and safe, even if it needs hard work,  
b. uncertain,  
c. has lots of change and meetings with lively people?

70. In group activities, which do you prefer?
    a. to be a good leader,  
b. in between,  
c. to be a good follower.

71. If you found another pupil doing a job you had been told to do, would you:
   a. ask him to let you do it,  
b. uncertain,  
c. let him keep on until the teacher could come to decide?

72. Can you work just as well, without making more mistakes, when people are watching you?
   a. yes,  b. perhaps,  c. no.

73. When you see something very sad in a play, do you:
   a. find it hard to keep the tears away,  
b. in between,  
c. say, "Oh, this is just a lot of make-believe"?

74. Would you rather spend an afternoon by a lake:
   a. watching dangerous speed boat racing,  
b. uncertain,  
c. walking by the lovely shore with a friend?

75. When you are in a group, do you spend more time:
   a. enjoying the friendship,  
b. uncertain,  
c. watching what happens?

76. Which of these changes in school would you rather vote for:
    a. putting slow people in classes of their own,  
b. uncertain,  
c. doing away with unnecessary punishment?

77. When things are going wonderfully, do you:
    a. actually almost "jump for joy,"  
b. uncertain,  
c. feel good inside, while appearing calm?

78. Would you rather be:
    a. a builder of bridges,  
b. uncertain,  
c. a member of a traveling circus?

79. When something is bothering you, do you think it's better to:
    a. try to hold it until you're in a calmer state,  
b. uncertain,  
c. blow off steam?

80. Do you sometimes say silly things, just to see what people will say?
    a. yes,  b. perhaps,  c. no.

81. When you do badly in an important game, do you:
    a. say, "This is just a game,"  
b. uncertain,  
c. get angry and "kick yourself"?

(End, column 4 on answer sheet.)
82. Do you go out of your way to avoid crowded buses and streets?
   a. yes,  b. perhaps,  c. no.

83. "Usually" means the same as:
   a. sometimes,  b. always,  c. generally.

84. If all firs are coniferous trees, and all coniferous trees are evergreens, which of the following is true?
   a. all firs are evergreens,  b. all evergreens are firs,  c. all coniferous trees are firs.

85. Are you satisfied that you come up to what people expect from someone of your age?
   a. yes,  b. perhaps,  c. no.

86. If you keep breaking and accidentally wasting things when you are making something, do you keep calm just the same?
   a. yes,  b. perhaps,  c. no, I get furious.

87. Do you tell schoolmates who are getting too noisy to keep quiet?
   a. often,  b. sometimes,  c. seldom.

88. In a trip with naturalists, would you find it more fun to:
   a. catch birds and preserve them in a collection,  b. uncertain,  c. make artistic photos and paintings of birds on the wing.

89. Would you rather:
   a. read a story of wild adventure,  b. uncertain,  c. actually have wild adventures happen to you?

90. Are you "steady and sure" in what you do?
   a. seldom,  b. sometimes,  c. always.

91. With people who take a long time to answer a question, do you:
   a. let them take their own time, however long,  b. in between,  c. try to hasten their answer, and get cross if they take a long time?

92. Do you sometimes feel unwilling to try something, though you know it is not really dangerous?
   a. yes,  b. perhaps,  c. no.

93. Do you stand up before class without looking nervous and ill-at-ease?
   a. yes,  b. perhaps,  c. no.

94. Which would you rather watch on a fine evening:
   a. car racing,  b. uncertain,  c. an open-air musical play?

95. Have you ever thought what you would do if you were the only person left in the world?
   a. yes,  b. not sure,  c. no.

96. When you have to wait in line, do you often:
   a. wait patiently,  b. uncertain,  c. fidget and think of going away instead of waiting?

97. Do you wish you could learn to be more carefree and light-hearted about your school work?
   a. yes,  b. perhaps,  c. no.

98. Are you, like a lot of people, slightly afraid of lightning?
   a. yes,  b. perhaps,  c. no.

99. Do you ever suggest to the teacher a new subject for the class to discuss?
   a. yes,  b. perhaps,  c. no.

100. Would you rather spend a break between morning and afternoon classes in:
   a. a card game,  b. uncertain,  c. catching up on homework?

101. When you are walking in a quiet street in the dark, do you often get the idea you are being followed?
   a. yes,  b. perhaps,  c. no.

(End column 5 on answer sheet.)
102. In talking with your classmates, do you dislike telling your most private feelings?
   a. yes,   b. sometimes,   c. no.

103. When you go into a new group, do you:
   a. quickly feel you know everyone,   b. in between,   c. take a long time to get to know people?

104. Look at these five words: mostly, gladly, chiefly, mainly, highly. The word that does not belong with the others is:
   a. mostly,   b. gladly,   c. highly.

105. Do you sometimes feel happy and sometimes feel depressed without real reason?
   a. yes,   b. uncertain,   c. no.

106. When people around you laugh and talk while you are listening to radio or TV:
   a. can you listen without being bothered,   b. in between,   c. does it spoil things and annoy you?

107. If you accidentally say something odd in company, do you stay uncomfortable a long time, and find it hard to forget?
   a. yes,   b. perhaps,   c. no.

108. Are you known among your friends for going "all out" for things that take your fancy?
   a. yes,   b. perhaps,   c. no.

109. Are you best regarded as a person who:
   a. thinks,   b. in between,   c. acts?

110. Do you spend most of your allowance each week for fun (instead of saving much of it for future needs)?
   a. yes,   b. perhaps,   c. no.

111. Do other people often get in your way?
   a. yes,   b. perhaps,   c. no.

112. How would you rate yourself?
   a. inclined to be moody,   b. in between,   c. not at all moody.

113. In school, do you feel your teachers:
   a. approve of you,   b. uncertain,   c. hardly know you are there?

114. Do your interests:
   a. roam widely over many things,   b. in between,   c. settle strongly on one or two important things?

115. Do you get in trouble more often through saying to a group wanting to do something:
   a. "Let's go!"   b. uncertain,   c. "I'd rather not join in."

116. When you were growing up, did you expect the world to be:
   a. more kind and considerate than it is,   b. uncertain,   c. more tough and hard than it is?

117. Do you find it easy to go up and introduce yourself to an important person?
   a. yes,   b. perhaps,   c. no.

118. Do you think that the average committee of your classmates often makes poorer decisions than one person would do and also takes too much time?
   a. yes,   b. perhaps,   c. no.

119. Do you usually:
   a. follow your own ideas of what is right,   b. uncertain,   c. do the same as other people?

120. Do you sometimes go on and do something you very much want to do, even though you feel a bit ashamed of yourself?
   a. yes,   b. perhaps   c. no.

121. When someone is disagreeing with you, do you:
   a. let him say all he has to say,   b. uncertain,   c. tend to interrupt before he finishes?

(End. column 4 on answer sheet.)
122. Would you rather live:
   a. in a deep forest, with only the song of birds, 
   b. uncertain, 
   c. on a busy street corner, where a lot happens?

123. When a new teacher comes to your class, does he or she soon notice who you are and remember you?
   a. yes, b. perhaps, c. no.

124. Look at these five words: below, beside, above, behind, between. The word that does not belong with the others is:
   a. below, b. between, c. beside.

125. If someone asks you to do a new and difficult job, do you:
   a. feel glad and show what you can do, 
   b. in between, 
   c. feel you will make a mess of it?

126. When you raise your hand to answer a question in class, and many others raise their hands too, do you get excited?
   a. sometimes, b. not often, c. never.

127. In school would you rather be:
   a. a librarian, looking after the reading books, 
   b. uncertain, 
   c. an athletic coach?

128. On your birthday, do you prefer:
   a. to be asked beforehand, so that you can choose the present you want, 
   b. uncertain, 
   c. to have the fun of getting a present as a complete surprise?

129. Are you very careful not to hurt anyone's feelings or startle anyone, even in fun?
   a. yes, b. perhaps, c. no.

130. If you were working with groups in class, would you rather:
   a. walk around to carry things from one person to another, 
   b. uncertain, 
   c. specialize in showing people how to do one difficult part?

131. Do you take trouble to be sure you are right before you say anything in class?
   a. always, b. generally, c. not usually.

132. Are you so afraid of consequences that you avoid making decisions one way or the other?
   a. often, b. sometimes, c. never.

133. Do you have periods of feeling just "run down"?
   a. seldom, b. sometimes, c. often.

134. When a close friend prefers someone else's company to yours on a special day, do you:
   a. complain to him for neglecting you, 
   b. in between, 
   c. take it in a "matter of fact" way?

135. Would you like better, when in the country:
   a. running a class picnic, 
   b. uncertain, 
   c. learning to know all the different trees in the woods?

136. In group discussions, do you often find yourself:
   a. taking a lone stand, 
   b. uncertain, 
   c. agreeing with the group?

137. Do your feelings get so bottled up that you feel you could burst?
   a. often, b. sometimes, c. seldom.

138. Which kind of friends do you like? Those who like to:
   a. "kid around," 
   b. uncertain, 
   c. be more serious?

139. If you were not a human being, would you rather be:
   a. an eagle on a far mountain, 
   b. uncertain, 
   c. a seal, in a seal colony by the seashore?

140. Do you think that to be polite you must learn to control your feelings?
   a. yes, b. perhaps, c. no.

141. Do small troubles sometimes "get on your nerves" even though you know that they are not very important?
   a. yes, b. perhaps, c. no.

142. Are you sure you have answered every question?
   a. yes, b. perhaps, c. no.