APPENDIX

SELF ANALYSIS FORM

Name ___________________________ Today’s Date _____________________
Sex _______________ Age _______________ Other Facts _______________

Inside this booklet there are forty statements about how most people feel or think at one time or another. There are no right or wrong answers. Just pick the one time is really true for you, mark the a, b or c answer.

You’ll start with the two simple examples below, for practice. Read the first sentence and then put an X in the box in that tells how you feel about walking. If you enjoy walking, you would put an X the ‘a’ box. If you don’t you’d mark the ‘c’ box. If you enjoy walking once in a while, you’d mark the middle box. But mark the middle box only if it is impossible for you to decide definitely yes or no. But don’t use it unless you absolutely have to.

1. I enjoy walking.
   (a) Yes, (b) Sometimes, (c) no................................................. a b c
   □ □ □

Now do the second example.

2. I would rather spend an evening:
   (a) talking to people, (b) uncertain, (c) at a movie ...................... a b c
   □ □ □

Now:

1. Make sure you put your name, and whatever else the examiner asks, at the top of this page.
2. Please answer every statement. Don’t skip a single one. Your answers will be entirely confidential.
3. Remember, use the middle box only if you cannot possibly decide on ‘a’ or ‘c’.
4. Don’t spend time thinking over the statement. Just mark your answer quickly according to how you feel about it now.
It will take only ten minutes or so to finish. Hand in the booklet when you’re through, unless told to do otherwise. As soon as you’re told to, turn the page and begin.

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<tbody>
<tr>
<td>1</td>
<td>My interests, in people and ways to have fun, seem to change quite fast.</td>
<td>(a) True, (b) in between, (c) false</td>
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<td>2</td>
<td>Even if people think poorly of me I still go on feeling O.K. about myself.</td>
<td>(a) True, (b) in between, (c) false</td>
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<td>3</td>
<td>I like to be sure that when I’m saying is right before, I join in on an argument.</td>
<td>(a) Yes, (b) in between (c) no</td>
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<td>4</td>
<td>I am inclined to let my feelings of jealousy influence my actions.</td>
<td>(a) Sometimes, (b) seldom, (c) never</td>
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<td>5</td>
<td>If had my life to live over again I’d.</td>
<td>(a) Plan very differently, (b) in between (c) want it the same</td>
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<td>6</td>
<td>I admire my parents in all important matters.</td>
<td>(a) Yes, (b) in between (c) no</td>
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<td>7</td>
<td>It’s hard for me to take “no” for an answer, even when I know what I’m asking is impossible.</td>
<td>(a) True, (b) in between, (c) false</td>
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<td>8</td>
<td>I wonder about the honesty of people who are more friendly than I’d expect them to be.</td>
<td>(a) True, (b) between (c) false</td>
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<td>9</td>
<td>In getting the children to obey them, my parents (or guardians) were.</td>
<td>(a) Usually very reasonable, (b) in between (c) often unreasonable</td>
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<tr>
<td>10</td>
<td>I need my friends more than they seem to need me.</td>
<td>(a) Rarely (b) sometimes, (c) often</td>
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11. I feel sure I could “pull my self together” to deal with an emergency if I had to.
   (a) Rarely, (b) in between, (c) false

12. As a child I was afraid of the dark.
   (a) Often, (b) sometimes, (c) never

13. People sometimes tell me that when I get excited, it shows in my voice and manner too obviously.
   (a) Yes, (b) uncertain, (c) no

14. If people take advantage of my friendliness, I.
   (a) Soon forget and forgive, (b) in between, (c) resent it and hold it against them

15. I get upset when people criticize my even if they really mean to help me.
   (a) Often, (b) sometimes, (c) never

16. Often I get angry with people too quickly.
   (a) True, (b) in between, (c) false

17. I feel restless as if want something but don’t know what.
   (a) Hardly ever, (b) sometimes, (c) often

18. I sometimes doubt whether people I’m taking to are really interested in what I’m saying.
   (a) True, (b) uncertain, (c) false

19. I’m hardly ever bothered by such things as tense muscles, upset stomach, or pains in my chest.
   (a) True, (b) in between, (c) false
20. In discussions with some people, I get so annoyed I can hardly trust myself to speak.  
   (a) Sometimes, (b) rarely, (c) never...................................................... a b c  

21. I use up more energy than most people in getting things done because I get tense and nervous.  
   (a) True, (b) uncertain, (c) false................................................... a b c  

22. I make a point of not being absent minded or forgetful of details.  
   (a) True, (b) uncertain, (c) false................................................... a b c  

23. No matter how difficult and unpleasant the snags and stumbling blocks are, I always stick to my original plan or intentions.  
   (a) Yes, (b) in between, (c) no........................................................... a b c  

24. I get over vivid-excited and rattled in upsetting situations.  
   (a) Yes, (b) in between, (c) no ........................................................... a b c  

25. I sometimes have vivid true-to life dreams that disturb my sleep.  
   (a) Yes, (b) in between, (c) no ........................................................... a b c  

26. I always have enough energy to deal with problems when I'm faced with them.  
   (a) Yes, (b) in between, (c) no ........................................................... a b c  

27. I have habit of counting things, such as steps, or bricks in a wall, for no particular  
   (a) True, (b) uncertain, (c) false ...................................................... a b c  

28. Most people are a little odd mentally, but they don't like to admit it.  
   (a) True, (b) uncertain, (c) false ...................................................... a b c  

29. If I make an embarrassing social mistake I can soon forget it.  
   (a) Yes, (b) in between, (c) no ........................................................... a b c
30. I feel grouchy and just don’t want to see people.
   (a) Almost never, (b) sometimes, (c) very often

31. I can almost feel tears come to my eyes when things go wrong.
   (a) Never, (b) very rarely, (c) sometimes

32. Even in the middle of social groups I sometimes feel lonely and worthless.
   (a) True, (b) in between, (c) false

33. I wake in the night and have trouble sleeping again because I’m worrying about things.
   (a) Often, (b) sometimes, (c) almost never

34. My spirits usually stay high no matter how many troubles I seem to have.
   (a) True, (b) in between, (c) false

35. I sometimes get feelings of guilt or regret over unimportant, small matters.
   (a) Yes, (b) in between, (c) no

36. My nerves get no edge so that certain sounds, such as screechy hinge, are unbearable and given me the shivers.
   (a) Often, (b) sometimes, (c) never

37. Even if something upsets me a lot, I usually clam down again quite quickly.
   (a) True, (b) uncertain, (c) false

38. I seem to tremble or perspire when I think of a difficult task ahead.
   (a) Yes, (b) in between, (c) no

39. I usually fall asleep quickly, in just a few minutes, when I go to bed.
   (a) Yes, (b) in between, (c) no

40. I sometimes get tense and confused as I think over things I’m concerned about.
   (a) True, (b) uncertain, (c) false