

Name:

Date:

**Score each of the following statements according to how true or applicable to you it is on the following scale:**

**1 = Not at all true**

**2 = Seldom true**

**3 = Somewhat true**

**4 = Generally true**

**5 = Very true**

- 1 I have always tried to be honest and objective about myself – and I’m determined to follow my conscience no matter what the cost.
- 2 My genuine concern for others makes me become deeply involved with them – with their hopes, dreams and needs.
- 3 I see myself as a highly competent person: it really bothers me when I am anything less than effective and efficient.
- 4 Many people see me as enigmatic, difficult and contradictory – and I like that about myself!
- 5 I like to get into things in depth and pour over details until I’ve figured something out as completely as possible.
- 6 I feel more secure doing what’s expected of me with clear structures and guidelines.
- 7 I love travelling and discovering different kinds of food, people and experiences – the whole fabulous whirlwind of life!
- 8 I am extremely independent and don’t like having to rely on others for what I really need.
- 9 What people seem to like about me is that they feel safe around me.
- 10 My principles and ideals inspire me toward greater achievement and make my life feel meaningful and worthwhile.
- 11 I love to knock myself out to make people feel welcomed and appreciated.
- 12 I often strive to be the best at what I’m doing – if I can’t be outstanding at something, I generally don’t bother with it.
- 13 I tend not to follow rules or to go along with expectations because I want to put my own special touch on whatever I do.
- 14 Only by getting accurate information can you make a rational decision – but then, most people aren’t really rational.
- 15 I am a real hard worker: I keep applying myself until the job gets done.
- 16 What’s important to me is excitement and variety rather than comfort and playing it safe – although I’ll take my comforts wherever I can find them.

- 17 I am strong willed and do not give up or back down easily.
- 18 I'm pretty easy to please and usually feel that what I have is good enough for me.
- 19 It seems that I am living with a judge inside my head: sometimes the judge is wise and discerning but often it is simply stern and harsh.
- 20 I have found that people respond warmly to me when I give them some attention and encouragement.
- 21 I try to present myself to others in the best possible light – but doesn't everyone?
- 22 I often feel alone and lonely, even when I'm around people I'm close to.
- 23 My family thinks that I am somewhat strange or eccentric – they've certainly told me that I need to get out more.
- 24 I want to trust people but often find myself questioning their motives.
- 25 My mind is always chattering – sometimes it seems like I'm thinking about ten things at once!
- 26 When I care about people, I often begin to think of them as “my people” and feel like I need to watch out for their interests.
- 27 I've found a certain balance in my life and I see no reason to mess with it.
- 28 I do not understand why so many people have such lax standards.
- 29 It is true that I often do more for others than I should – I give away too much and do not think of myself enough.
- 30 I am aware of how well my friends and colleagues are doing, and I tend to compare myself with them.
- 31 Finding myself and being true to my emotional needs have been extremely important motivations for me.
- 32 Often I lose all track of time because I'm concentrating so completely on what I'm doing.
- 33 Anxiety seems to be my middle name.
- 34 I'm good at the big picture, not so much the little details: it's more enjoyable for me to brainstorm a lot of new ideas than to get involved with implementing them.
- 35 Somebody usually has to come up on the short end of the stick, and I don't want it to be me.
- 36 I would rather give someone else their way than create a scene.

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