

Completed Date:

RATE YOURSELF ON A SCALE OF 1 TO 5, REGARDING EACH ITEM BELOW.
USE 1 AS LOW, LITTLE OR NEVER AND 5 AS HI, A LOT, OR ALWAYS.

| | | | | | | |
|----|---|----------------------|----------------------|----------------------|----------------------|----------------------|
| 1 | I avoid talking to people unless I know them well. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 2 | I am nervous with people unless I know them well. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 3 | Being introduced to people makes me tense and nervous. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 4 | I avoid walking up and joining a group of people. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 5 | I feel on edge when I am with a group of people. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 6 | I think up excuses in order to avoid social engagements. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 7 | I jump at the chance to meet new people. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 8 | I am relaxed when I am with a group of people. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 9 | I don't mind talking to people at parties and social gatherings. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 10 | I find it easy to relax with other people. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 11 | I look forward to my social engagements. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 12 | I enjoy introducing people to each other. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 13 | I do my best work when I know it will be appreciated. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 14 | Disapproval of someone I care about is very painful for me. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 15 | I easily get discouraged when I don't get what I need from others. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 16 | I must have one person that is very special to me. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

17 **I need to have one person who puts me over all others.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

18 **I enjoy being by myself.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

19 **I don't depend on other people to make me feel good.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

20 **I like to rely on myself to get things done.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

21 **I don't need much from people.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

22 **What people think of me doesn't affect how I feel.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

23 **What other people say doesn't bother me.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

24 **Winning in competition makes me feel more powerful.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

25 **I become competitive even in situations that do not call for competition.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

26 **I tend to turn a friendly game or activity into a serious contest.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

27 **I feel envy when my competitors get rewarded.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

28 **I am very unhappy when I lose in competition.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

29 **I can't stand to lose an argument.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

30 **People who quit during competition are weak.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

31 **Competition inspires me to excel.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

32 **I get useful information from others.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

33 **When a person gets upset they should talk it over with others.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

34 **It's important to ask for help when you need it.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

35 **It's fairly easy to tell who you can trust and who you can't.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

36 **I enjoy working with others to solve a problem.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

37 **Two heads are better than one.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

38 **If I fail at work or school I am a failure as a person.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

39 **I hate being less than the best at things.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

40 **People will probably think less of me if I make a mistake.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

41 **The more mistakes I make, the less people will like me.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

42 **People take advantage of your mistakes.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

43 **There is right way and wrong way to do things.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

44 **It is very important to pay attention to details.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

45 **I make sure I don't make the same mistake twice.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

46 **Either I do something well, or I don't do it at all.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

47 **I make sure there are no loose ends.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

48 **I find myself looking for mistakes in other people's projects.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

49 **I learn new things when I make mistakes.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

50 **It's good to hear a fresh point of view.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

51 **I make room for the unexpected in my projects.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

52 **I make it up as I go along.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

53 **It's important to be patient with the mistakes of others.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

54 **There are several effective ways to achieve the same goal.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

55 **At times, a sudden change of plans is necessary.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

56 **I enjoy trying out new things.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

57 **I am open and honest about my feelings.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

58 **I enjoy meeting and talking with people for the first time.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

59 **I complain about poor service when I encounter it.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

60 **When I am asked to do something, I always want to know why.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

61 **If I don't like something, I say so.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

62 **I don't mind confronting others when they are out of line.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

63 **I have a hard time saying "No".**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

64 **I tend not to show my feelings rather than upsetting others.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

65 **I avoid complaining about things I don't like.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

66 **People should be nice to each other no matter what happens.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

67 **I avoid arguments of any kind.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

68 **I don't ask questions for fear of sounding stupid.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

69 **I don't plan as carefully as I should.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

70 **I find it hard to sit for long periods of time.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

71 **I solve problems by trial and error.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

72 **I am restless at lectures or talks.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

73 **I don't always finish what I start.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

74 **I act on the spur of the moment.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

75 **I let the details take care of themselves.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

76 **I say things without thinking.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

77 **I have difficulty staying focused.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

78 **I like to get the job done quickly.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

79 **I plan things carefully.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

80 **When I get angry, I wait for a while before I respond.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

81 **I like to think carefully before I make a decision.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

82 **I plan each day with a written list.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

83 **I avoid excess in anything.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

84 **I set aside time for myself each day.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

85 **I become very upset when things don't go my way.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

86 **I tend to keep things well organized.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

87 **My worries overwhelm me.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

88 **I feel tense and uncertain.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

| | | | | | | |
|-----|--|------------------|------------------|------------------|------------------|------------------|
| 89 | I wish I could just be myself. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 90 | I am concerned about what others think. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 91 | I freeze up in certain situations. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 92 | I feel less than adequate. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 93 | I am afraid of sounding stupid. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 94 | I'm not sure what to say. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 95 | I get embarrassed very easily. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 96 | I worry about making a good impression. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 97 | I can usually solve most problems, if I just keep trying. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 98 | Things work out okay. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 99 | Generally I trust people to do what's right. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 100 | I get along well with people generally. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 101 | A little friction between people is normal. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 102 | I subscribe to the idea of live and let live. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 103 | I don't get hung up on things for long. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 104 | I like to take my time and do things right. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 105 | I feel tired and low energy. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |
| 106 | It's very hard to get motivated. | j _n 1 | j _n 2 | j _n 3 | j _n 4 | j _n 5 |

107 **Things look hopeless.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

108 **I seem to cry for little or no reason.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

109 **I have trouble going to sleep or staying asleep.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

110 **I am sleeping too much these days.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

111 **I am more irritable than usual.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

112 **I am eating more or less than usual.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

113 **My interest in sex has declined.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

114 **I am having trouble concentrating.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

115 **It's hard to make decisions these days.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

116 **I have lost interest in things that I used to enjoy.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

117 **I have a lot more negative thoughts about myself.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

118 **I feel very sad these days.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

119 **I feel worthless or guilty.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

120 **I feel like a failure.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

121 **I feel restless and agitated.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

122 **It is very hard to relax.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

123 **I worry the worst will happen.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

124 **My heart feels like it is racing or pounding.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

125 **I feel lightheaded, faint, or dizzy.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

126 **My hands shake or tremble.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

127 **I feel short of breath or tight in the chest.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

128 **I have nausea, constipation or diarrhea.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

129 **I seem to sweat a lot.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

130 **I feel afraid of dying.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

131 **My hands or feet feel cold.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

132 **I have feelings of unexplainable terror.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

133 **I have chills or hot flashes.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

134 **I have numbness or tingling sensations.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

135 **Things feel out of control.**

j_n 1 j_n 2 j_n 3 j_n 4 j_n 5

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