

About yourself...

Below is a list of things different people might say about themselves. Please select the response that best describes you.

I often have to deal with people who are less important than me

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I feel like I act totally on impulse

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I often feel like nothing I do really matters

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

It is easy for me to take advantage of others

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I'm not good at planning ahead

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I get irritated easily by all sorts of things

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I have seen things that weren't really there

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I'm not interested in making friends

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I don't like to get too close to people

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I often 'zone out' and then suddenly come to and realise that a lot of time has passed

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I worry about almost everything

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I get emotional easily, often for very little reason

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

Things around me often feel unreal, or more real than usual

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

Even though I know better, I can't stop making rash decisions

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I use people to get what I want

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I get stuck on one way of doing things, even when it's clear it won't work

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I fear being alone in life more than anything else

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

Others see me as irresponsible

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I often have thoughts that make sense to me but that other people say are strange

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I rarely get enthusiastic about anything

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I crave attention

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

My thoughts often don't make sense to others

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

People would describe me as reckless

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

I steer clear of romantic relationships

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

It's no big deal if I hurt other people's feelings

Sometimes or Somewhat False

Sometimes or Somewhat True

Very or Often True

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