Please rate the following statements on a scale from 1-7. The scale to use is the following:

1 2 3 4 5 6 7

Does not describe Neutral Describes me

me at all very well

1. “I think it is better to be yourself, than to be popular.”

2. “I don’t know how I really feel inside.”

3. “I am strongly influenced by the opinions of others.”

4. “I usually do what other people tell me to do.”

5. “I always feel I need to do what others expect me to do.”

6. “Other people influence me greatly.”

7. “I feel as if I don’t know myself very well.”

8. “I always stand by what I believe in.”

9. “I am true to myself in most situations.”

10. “I feel out of touch with the ‘real me.’”

11. “I live in accordance with my values and beliefs.”

12. “I feel alienated from myself.”