Please rate the following statements on a scale from 1-5. The scale to use is the following:

1 2 3 4 5

Strongly agree Neutral Strongly Disagree

1. My beliefs about myself often conflict with one another.

2. On one day I might have one opinion of myself and on another day I might have a different opinion.

3. I spend a lot of time wondering about what kind of person I really am.

4. Sometimes I feel that I am not really the person that I appear to be.

5. When I think about the kind of person I have been in the past, I'm not sure what I was really like.

6. I seldom experience conflict between the different aspects of my personality.

7. Sometimes I think I know other people better than I know myself.

8. My beliefs about myself seem to change very frequently.

9. If I were asked to describe my personality, my description might end up being different from one day to another day.

10. Even if I wanted to, I don't think I could tell someone what I'm really like.

11. In general, I have a clear sense of who I am and what I am.

12. It is often hard for me to make up my mind about things because I don't really know what I want.\*