

# ATS

**Respond to each of the following statements by selecting an option. Please be as honest as you can throughout, and try not to let your answer to one item influence your answers to other items. There are no correct or incorrect answers. You are simply to express your own personal feelings. For each statement, indicate how much you agree or disagree with it.**

	I agree a lot	I agree a little	I'm in the middle--I neither agree nor disagree	I DISagree a little	I DISagree a lot
1) Compared to other people, I expect a lot from myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) When even one thing goes wrong I begin to wonder if I can do well at anything at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I get angry with myself if my efforts don't lead to the results I wanted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) When it comes to setting standards for my behavior, I aim higher than most people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) I hardly ever let unhappiness over one bad time influence my feelings about other parts of my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) When I don't do as well as I hoped to, I often get upset with myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) I set higher goals for myself than other people seem to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) If I notice one fault of mine, it makes me think about my other faults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I get unhappy with anything less than what I expected of myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) A single failure can change me from feeling OK to seeing only the bad in myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>