

**Directions.** This questionnaire contains 48 statements. Please read each item carefully and fill in the one answer in the space provided that best corresponds to your agreement or disagreement. There are no right or wrong answers, and you need not be an “expert” to complete this questionnaire. Please describe yourself honestly and state your opinions as accurately as possible.

Mark **1= Strongly Disagree** if the statement is definitely false or you strongly disagree

Mark **2= Disagree** if the statement is mostly false or you disagree

Mark **3= Neutral** if the statement is about equally true or false, if you cannot decide, or if you are neutral on this statement

Mark **4= Agree** if the statement is mostly true or you agree

Mark **5= Strongly Agree** if the statement is definitely true or you strongly agree

- \_\_\_\_ 1. I am not a worrier.
- \_\_\_\_ 2. I often get angry at the way people treat me.
- \_\_\_\_ 3. I rarely feel lonely or blue.
- \_\_\_\_ 4. In dealing with other people, I always dread making a social blunder.
- \_\_\_\_ 5. I rarely overindulge in anything.
- \_\_\_\_ 6. I often feel helpless and want someone else to solve my problems.
- \_\_\_\_ 7. I am easily frightened.
- \_\_\_\_ 8. I'm an even tempered person.
- \_\_\_\_ 9. Sometimes I feel completely worthless.
- \_\_\_\_ 10. I seldom feel self-conscious when I'm around people
- \_\_\_\_ 11. I have trouble resisting my cravings.
- \_\_\_\_ 12. I feel I am capable of coping with most of my problems.
- \_\_\_\_ 13. I rarely feel fearful or anxious.
- \_\_\_\_ 14. I am known as hot-blooded and quick-tempered.
- \_\_\_\_ 15. I am seldom sad or depressed.
- \_\_\_\_ 16. At times I have been so ashamed I just want to hide.
- \_\_\_\_ 17. I have little difficulty resisting temptation.
- \_\_\_\_ 18. When I'm under a great deal of stress, sometimes I feel like I'm going to pieces.
- \_\_\_\_ 19. I often feel tense and jittery.
- \_\_\_\_ 20. I am not considered a touchy or temperamental person.

*1= Strongly Disagree    2= Disagree    3= Neutral    4= Agree    5= Strongly Agree*

- \_\_\_ 21. I have sometimes experienced a deep sense of guilt or sinfulness.
- \_\_\_ 22. It doesn't embarrass me too much if people ridicule and tease me.
- \_\_\_ 23. When I am having my favorite foods, I tend to eat too much.
- \_\_\_ 24. I keep a cool head in emergencies.
- \_\_\_ 25. I'm seldom apprehensive about the future.
- \_\_\_ 26. I often get disgusted with people I have to deal with.
- \_\_\_ 27. I tend to blame myself when anything goes wrong.
- \_\_\_ 28. I often feel inferior to others.
- \_\_\_ 29. I seldom give in to my impulses.
- \_\_\_ 30. It's often hard for me to make up my mind,
- \_\_\_ 31. I often worry about things that might go wrong.
- \_\_\_ 32. It takes a lot to get me mad.
- \_\_\_ 33. I have a low opinion of myself.
- \_\_\_ 34. I feel comfortable in the presence of my bosses or other authorities.
- \_\_\_ 35. I sometimes eat myself sick.
- \_\_\_ 36. I can handle myself pretty well in a crisis.
- \_\_\_ 37. I have fewer fears than most people
- \_\_\_ 38. At times I have felt bitter and resentful
- \_\_\_ 39. Sometimes things look pretty bleak and hopeless to me.
- \_\_\_ 40. If I have said or done the wrong thing to someone, I can hardly bear to face them again.
- \_\_\_ 41. Sometimes I do things on impulse that I later regret.
- \_\_\_ 42. When everything seems to be going wrong, I can still make good decisions.
- \_\_\_ 43. Frightening thoughts sometimes come into my head.
- \_\_\_ 44. Even minor annoyances can be frustrating to me.
- \_\_\_ 45. Too often, when things go wrong, I get discouraged and feel like giving up.
- \_\_\_ 46. When people I know do foolish things, I get embarrassed for them.
- \_\_\_ 47. I am always able to keep my feelings under control.
- \_\_\_ 48. I'm pretty stable emotionally.