Initials:\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_ (Do not write in shaded area)

**Study: 3 LEDS LD#\_\_\_\_\_\_\_\_\_\_ Month #\_\_\_\_\_\_\_\_\_\_ Total Score\_\_\_\_\_\_\_\_\_\_\_**

ISEL

This scale is made up of a list of statements each of which may or may not be true about you. For each statement check “definitely true” if you are sure it is true about you and “probably true” if you think it is true but are not absolutely certain. Similarly, you should check “definitely false” if you are sure the statement is false and “probably false” if you think it is false but are not absolutely certain.

1. There are several people that I trust to help solve my problems.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

2. If I needed help fixing an appliance or repairing my car, there is someone who would help me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

3. Most of my friends are more interesting than I am.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

4. There is someone who takes pride in my accomplishments.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

5. When I feel lonely, there are several people I can talk to.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

6. There is no one that I feel comfortable talking to about intimate personal problems.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

7. I often meet or talk with family or friends.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

8. Most people I know think highly of me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

9. If I needed a ride to the airport very early in the morning, I would have a hard time finding

someone to take me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

10. I feel like I’m not always included by my circle of friends.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

11. There really is no one who can give me an objective view of how I’m handling my problems.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

12. There are several different people I enjoy spending time with.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

13. I think that my friends feel that I’m not very good at helping them solve their problems.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

14. If I were sick and needed someone (friend, family member, or acquaintance) to take me to the

doctor, I would have trouble finding someone.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

15. If I wanted to go on a trip for a day (e.g., to the mountains, beach, or country), I would have a

hard time finding someone to go with me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

16. If I needed a place to stay for a week because of an emergency (for example, water or electricity

out of my apartment or house), I could easily find someone who would put me up.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

17. I feel that there is no one I can share my most private worries and fears with.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

18. If I were sick, I could easily find someone to help me with my daily chores.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

19. There is someone I can turn to for advice about handling problems with my family.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

20. I am as good at doing things as most other people are.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

21. If I decide one afternoon that I would like to go to a movie that evening, I could easily find

someone to go with me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

22. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

23. If I needed an emergency loan of $100, there is someone (friend, relative, or acquaintance) I could

get it from.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

24. In general, people do not have much confidence in me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

25. Most people I know do not enjoy the same things that I do.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

26. There is someone I could turn to for advice about making career plans or about changing my job.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

27. I don’t often get invited to do things with others.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

28. Most of my friends are more successful at making changes in their lives than I am.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

29. If I had to go out of town for a few weeks, it would be difficult to find someone who would look

after my house or apartment (the plants, pets, garden, etc.).

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

30. There is really no one I can trust to give me good financial advice.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

31. If I wanted to have lunch with someone, I could easily find someone to join me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

32. I am more satisfied with my life that most people are with theirs.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

33. If I was stranded 10 miles from home, there is someone I could call who would come and get me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

34. No one I know would throw a birthday party for me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

35. It would be difficult to find someone who would lend me their car for a few hours.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

36. If a family crisis arose, it would be difficult to find someone who could give me good advice

about how to handle it.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

37. I am closer to my friends than most other people are to theirs.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

38. There is at least one person I know whose advice I really trust.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

39. If I needed some help in moving to a new house or apartment, I would have a hard time finding

someone to help me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

40. I have a hard time keeping pace with my friends.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)