

VARIABLE DEFINITIONS

WHAT I AM LIKE

Name Examiner/Interviewer: WHAT-EX ID ID Date WHAT-DT / /

Instructions: These are statements which allow people to describe themselves. There are no right or wrong answers since people differ markedly. Please read the entire sentence across. First decide which one of the two parts of each statement best describes you; then go to that side of the statement and check whether that is just sort of true for you or really true for you.
You will just check ONE of the four boxes for each statement.

	1 2 Really Sort of True True for Me for Me	← VALUES →	3 4 Sort of Really True True for Me for Me
1. <u>WHAT-1</u>	___	Some adults like the way they are leading their lives	BUT Other adults don't like the way they are leading their lives. ___
2. <u>-2</u>	___	Some adults feel that they are enjoyable to be with	BUT Other adults often question whether they are enjoyable to be with. ___
3. <u>-3</u>	___	Some adults are not satisfied with the way they do their work	BUT Other adults are satisfied the way they do their work. ___
4. <u>-4</u>	___	Some adults see caring or nurturing others as a contribution to the future	BUT Other adults do not gain a sense of contribution to the future through nurturing others. ___
5. <u>-5</u>	___	In games and sports some adults usually watch instead of play	BUT Other adults usually play rather than just watch. ___
6. <u>-6</u>	___	Some adults are happy with the way they look	BUT Other adults are not happy with the way they look. ___
7. <u>-7</u>	___	Some adults feel they are not adequately supporting themselves and those who are important to them	BUT Other adults feel they are providing adequate support for themselves and others. ___
8. <u>-8</u>	___	Some adults live up to their own moral standards	BUT Other adults have trouble living up to their moral standards. ___
9. <u>-9</u>	___	Some adults are very happy being the way they are	BUT Other adults would like to be different ___
10. <u>-10</u>	___	Some adults are not very organized in completing household tasks	BUT Other adults are organized in completing household tasks. ___
11. <u>-11</u>	___	Some adults have the ability to develop intimate relationships	BUT Other adults do not find it easy to develop intimate relationships. ___

Really Sort of
True True
for Me for Me

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True True
for Me for Me

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| 12. | <u> </u> | <u>-12</u> | When some adults don't understand something, it makes them feel stupid | BUT | Other adults don't necessarily feel stupid when they don't understand. | <u> </u> | <u> </u> |
| 13. | <u> </u> | <u> </u> | Some adults can really laugh BUT at themselves | | Other adults have a hard time laughing at themselves. | <u> </u> | <u> </u> |
| 14. | <u> </u> | <u> </u> | Some adults feel uncomfortable when they have to meet new people BUT | | Other adults like to meet new people. | <u> </u> | <u> </u> |
| 15. | <u> </u> | <u> </u> | Some adults feel they are very good at their work | BUT | Other adults worry about whether they can do their work. | <u> </u> | <u> </u> |
| 16. | <u> </u> | <u> </u> | Some adults do not enjoy fostering the growth of others | BUT | Other adults enjoy fostering the growth of others. | <u> </u> | <u> </u> |
| 17. | <u> </u> | <u> </u> | Some adults sometimes question whether they are a worthwhile person | BUT | Other adults feel that they are a worthwhile person. | <u> </u> | <u> </u> |
| 18. | <u> </u> | <u> </u> | Some adults think they could do well at just about any new physical activity they haven't tried before | BUT | Other adults are afraid they might not do well at physical activities they haven't ever tried. | <u> </u> | <u> </u> |
| 19. | <u> </u> | <u> </u> | Some adults think that they are not very attractive or good looking BUT | | Other adults think that they are attractive or good looking. | <u> </u> | <u> </u> |
| 20. | <u> </u> | <u> </u> | Some adults are satisfied with how they provide for the important people in their lives | BUT | Other adults are dissatisfied with how they provide for these people. | <u> </u> | <u> </u> |
| 21. | <u> </u> | <u> </u> | Some adults would like to be a better person morally BUT | | Other adults think that they are quite moral. | <u> </u> | <u> </u> |
| 22. | <u> </u> | <u> </u> | Some adults can keep their household running smoothly BUT | | Other adults have trouble keeping their household running smoothly. | <u> </u> | <u> </u> |
| 23. | <u> </u> | <u> </u> | Some adults find it hard to establish intimate relationships BUT | | Other adults do not have difficulty establishing intimate relationships. | <u> </u> | <u> </u> |
| 24. | <u> </u> | <u> </u> | Some adults feel that they are intelligent BUT | | Other adults question whether they are very intelligent. | <u> </u> | <u> </u> |
| 25. | <u> </u> | <u> </u> | Some adults are disappointed with themselves | BUT | Other adults are quite pleased with themselves. | <u> </u> | <u> </u> |
| 26. | <u> </u> | <u>-26</u> | Some adults find it hard to act in a joking or kidding manner with friends or colleagues | BUT | Other adults find it very easy to joke or kid around with friends and colleagues. | <u> </u> | <u> </u> |

Really Sort of
True True
for Me for Me

Sort of Really
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| 27. | <u>27</u> | Some adults feel at ease with other people | BUT | Other adults are quite shy. | ___ | ___ |
| 28. | ___ | Some adults are not very productive in their work | BUT | Other adults are very productive in their work. | ___ | ___ |
| 29. | ___ | Some adults feel they are good at nurturing others | BUT | Other adults are not very nurturant. | ___ | ___ |
| 30. | ___ | Some adults do not feel that they are very good when it comes to sports | BUT | Other adults feel they do very well at all kinds of sports. | ___ | ___ |
| 31. | ___ | Some adults like their physical appearance the way it is | BUT | Other adults do not like their physical appearance. | ___ | ___ |
| 32. | ___ | Some adults feel they cannot provide for the material necessities of life | BUT | Other adults feel they do adequately provide for the material necessities of life. | ___ | ___ |
| 33. | ___ | Some adults are dissatisfied with themselves | BUT | Other adults are satisfied with themselves. | ___ | ___ |
| 34. | ___ | Some adults usually do what they know is morally right | BUT | Other adults often don't do what they know is morally right. | ___ | ___ |
| 35. | ___ | Some adults are not very efficient in managing activities at home | BUT | Other adults are efficient in managing activities at home. | ___ | ___ |
| 36. | ___ | Some people seek out close relationships | BUT | Other persons shy away from close relationships. | ___ | ___ |
| 37. | ___ | Some adults do not feel that they are very intellectually capable | BUT | Other adults feel that they are intellectually capable. | ___ | ___ |
| 38. | ___ | Some adults feel they have a good sense of humor | BUT | Other adults wish their sense of humor was better. | ___ | ___ |
| 39. | ___ | Some adults are not very sociable. | BUT | Other adults are sociable | ___ | ___ |
| 40. | ___ | Some adults are proud of their work | BUT | Other adults are not very proud of what they do. | ___ | ___ |
| 41. | ___ | Some adults like the kind of person they are | BUT | Other adults would like to be someone else. | ___ | ___ |
| 42. | ___ | Some adults do not enjoy nurturing others | BUT | Other adults enjoy being nurturant. | ___ | ___ |
| 43. | <u>43</u> | Some adults feel they are better than others their age at sports | BUT | Other adults don't feel they can play as well. | ___ | ___ |

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- 44
- Some adults are unsatisfied with something about their face or hair BUT Other adults like their face and hair the way they are. — —
45. — — Some adults feel that they provide adequately for the needs of those who are important to them BUT Other adults feel they do not provide adequately for these needs. — —
46. — — Some adults often question the morality of their behavior BUT Other adults feel that their behavior is usually moral. — —
47. — — Some adults use their time efficiently at household activities BUT Other adults do not use their time efficiently. — —
48. — — Some adults in close relationships have a hard time communicating openly BUT Other adults in close relationships feel that it is easy to communicate openly. — —
49. — — Some adults feel like they are just as smart as other adults BUT Other adults wonder if they are as smart. — —
50. ~50 — — Some adults feel that they are often too serious about their life BUT Other adults are able to find humor in their life. — —