

0 = Never

5 = About 50% of the time

10 = Always

- _____ 1. Do you have a tendency, when in an argument, to say to the other person, "Well, you *always*," or "I *never*. . . ."?
- _____ 2. Do you often state your opinions about things as though they were proven facts (for example, "Murderers should be executed" or "This homework assignment is just plain dumb")?
- _____ 3. When something or someone makes you angry or frustrated, do you tend to blow up at someone or something else?
- _____ 4. Do you often feel in regard to people who are close to you that "If they *really* cared about me, they would know how I feel. . . ."?
- _____ 5. Do you have a tendency to cover up your real feelings, saying, for instance, "I'm fine" when you're really not, or "Nothing's the matter" when it really is?
- _____ 6. Do others frequently tell you that you haven't really listened to them or say to you "That's not what I meant" or "That's not what I said"?
- _____ 7. Do you have a habit of saying, in an argument, such things as: "*You* don't listen to me" or "*You* never let me. . . ."?
- _____ 8. Do you tend to argue on the spot, whether there's an "audience" or not, even though it's no one else's business?
- _____ 9. When arguing with someone, do you find yourself asking them questions and then answering them yourself, often before they can get a word in edge-wise?
- _____ 10. When you argue, does it tend to be about "the same old things"?
- _____ 11. Do major disagreements with people, especially those close to you, leave you hurt or depressed or feeling like "people who love each other shouldn't disagree with each other like this"?
- _____ 12. In an argument or "heated discussion," are you generally out to win?
- _____ 13. When you feel like someone is getting the better of you in an argument or that it's going nowhere, do you tend to cry, take off in a huff, pout, or begin trying to hurt the other's feelings?
- _____ 14. Do you get the impression from others that they think you are too bossy, too critical, or too opinionated?
- _____ 15. Do you get the feeling that others find you too moody, or too sullen, or too quiet?
- _____ 16. When talking with others, do you frequently tend to monopolize the conversation?
- _____ 17. When someone is talking to you, do you often find yourself thinking about what you are going to say when he or she finishes their statement?
- _____ 18. Have others told you that you are a hard person to get to know?
- _____ 19. Do you tend to say nice things to or about others as much as you tend to cut people down?
- _____ 20. Do you hate to be corrected for a mistake you've made or to admit it when you're wrong?