

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?