

Personal Psychological Assessment

Directions: Read each statement below. Decide how it describes your behavior. For each statement, write *often*, *sometimes*, or *rarely*.

1. I blame myself when something goes wrong. _____
2. I reject compliments or praise. _____
3. I have a difficult time making decisions. _____
4. I expect perfection from myself. _____
5. I dislike routine and structure. _____
6. I feel weak and lethargic. _____
7. I am physically sick when problems crop up. _____
8. I neglect my responsibilities. _____
9. I feel ashamed for feeling angry. _____

10. I avoid confrontations rather than risk having my feelings hurt.

11. I experience frequent bouts of depression.

12. I rationalize my own inappropriate behavior.

13. I stay busy to avoid problems.

14. I believe my own lies.

15. I feel isolated from the world.

Scoring: Give yourself 3 points for every "rarely" response, 1 point for every "sometimes" response, and 0 points for every "often" response.

Assessment:

36 to 45: You have a healthy psychological profile. You are more likely to confront pain associated with negative feelings than avoid it or dull it by taking a substance.

28 to 35: Your psychological profile is one of variance. Be aware of the times you avoid potential pain associated with negative feelings or act on those feelings in inappropriate ways.

15 to 28: Your psychological profile needs some attention. Analyze any statements you marked "often." What is the root of your response or non-response to this issue?

Below 15: Talk through the items in this survey and your responses with someone you trust. Mutually come up with a plan to help you make positive adjustments in your psychological profile.