

### Directions

A. Please indicate how often you agree with each statement as descriptive of you by writing in the blank beside the statement number.

1 = Almost never descriptive of me

2 = Rarely descriptive of me

3 = Sometimes descriptive of me

4 = Usually descriptive of me

5 = Almost always descriptive of me

B. Work as quickly as is comfortable; your first reaction is often the best indicator.

C. Please *do not skip any items*, since doing so might invalidate your results. If you're unsure, just make your best determination and go on.

\_\_\_ 1. I collect information without making judgments.

\_\_\_ 2. I feel disoriented by so much change in my life.

\_\_\_ 3. The process of my own self-healing enables me to help heal others.

\_\_\_ 4. I have let others down.

\_\_\_ 5. I feel safe.

\_\_\_ 6. I put fear aside and do what needs to be done.

\_\_\_ 7. I put the needs of others before my own.

\_\_\_ 8. I try to be authentic wherever I am.

\_\_\_ 9. When life gets dull, I like to shake things up.

\_\_\_ 10. I find satisfaction caring for others.

\_\_\_ 11. Others see me as fun.

\_\_\_ 12. I feel sexy.

\_\_\_ 13. I believe that people don't really mean to hurt each other.

\_\_\_ 14. As a child, I was neglected or victimized.

\_\_\_ 15. Giving makes me happier than receiving.

\_\_\_ 16. I agree with the statement, "It is better to have loved and lost than never to have loved at all."

\_\_\_ 17. I embrace life fully.

\_\_\_ 18. I keep a sense of perspective by taking a long-range view.

\_\_\_ 19. I am in the process of creating my own life.

\_\_\_ 20. I believe there are many good ways to look at the same thing.

\_\_\_ 21. I am no longer the person I thought I was.

\_\_\_ 22. Life is one heartache after another.

\_\_\_ 23. Spiritual help accounts for my effectiveness.

\_\_\_ 24. I find it easier to do for others than to do for myself.

\_\_\_ 25. I find fulfillment through relationships.

\_\_\_ 26. People look to me for direction.

\_\_\_ 27. I fear those in authority.

\_\_\_ 28. I don't take rules too seriously.

\_\_\_ 29. I like to help people connect with one another.

\_\_\_ 30. I feel abandoned.

\_\_\_ 31. I have times of high accomplishment that feel effortless to me.

1 = Almost never  
descriptive of me

2 = Rarely  
descriptive of me

3 = Sometimes  
descriptive of me

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descriptive of me

5 = Almost always  
descriptive of me

- \_\_\_32. I have leadership qualities.
- \_\_\_33. I am searching for ways to improve myself.
- \_\_\_34. I can count on others to take care of me.
- \_\_\_35. I prefer to be in charge.
- \_\_\_36. I try to find truths behind illusions.
- \_\_\_37. Changing my inner thoughts changes my outer life.
- \_\_\_38. I develop resources, human or natural.
- \_\_\_39. I am willing to take personal risks in order to defend my beliefs.
- \_\_\_40. I can't sit back and let a wrong go by without challenging it.
- \_\_\_41. I strive for objectivity.
- \_\_\_42. My presence is often a catalyst for change.
- \_\_\_43. I enjoy making people laugh.
- \_\_\_44. I use discipline to achieve goals.
- \_\_\_45. I feel loving toward people in general.
- \_\_\_46. I am good at matching people's abilities with tasks to be done.
- \_\_\_47. It is essential for me to maintain my independence.
- \_\_\_48. I believe everyone and everything in the world are interconnected.
- \_\_\_49. The world is a safe place.
- \_\_\_50. People I've trusted have abandoned me.
- \_\_\_51. I feel restless.
- \_\_\_52. I am letting go of things that do not fit for me anymore.
- \_\_\_53. I like to "lighten up" people who are too serious.
- \_\_\_54. A little chaos is good for the soul.
- \_\_\_55. Sacrificing to help others has made me a better person.
- \_\_\_56. I am calm.

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descriptive of me

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descriptive of me

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- \_\_\_57. I stand up to offensive people.
- \_\_\_58. I like to transform situations.
- \_\_\_59. The key to success in all aspects of life is discipline.
- \_\_\_60. Inspiration comes easily to me.
- \_\_\_61. I do not live up to my expectations for myself.
- \_\_\_62. I have a sense that a better world awaits me somewhere.
- \_\_\_63. I assume that people I meet are trustworthy.
- \_\_\_64. I am experimenting with turning my dreams into realities.
- \_\_\_65. I know my needs will be provided for.
- \_\_\_66. I feel like breaking something.
- \_\_\_67. I try to manage situations with the good of all in mind.
- \_\_\_68. I have a hard time saying no.
- \_\_\_69. I have a lot more great ideas than I have time to act on them.
- \_\_\_70. I am looking for greener pastures.
- \_\_\_71. Important people in my life have let me down.
- \_\_\_72. The act of looking for something is as important to me as finding it.