

D = Sometimes/Somewhat, but not strongly  
 E = Often/Somewhat strongly  
 F = Always/Very strongly

A = Never/Not at all  
 B = Rarely/Hardly at all  
 C = Seldom/Not very strongly

- \_\_\_\_\_ 1. To what extent do you have a tendency to "hog" or "monopolize" a conversation, or to talk too much?
- \_\_\_\_\_ 2. How much of a gossip are you?
- \_\_\_\_\_ 3. To what extent, overall, do you tend to talk about happy or positive things more than about problems or other negative ideas, feelings, or experiences?
- \_\_\_\_\_ 4. How much do you complain?
- \_\_\_\_\_ 5. How much of an effort do you make to have serious or meaningful conversations with others—especially with the members of your family—when a problem situation is not involved?
- \_\_\_\_\_ 6. To what extent do you tend to take things which other people say or think too seriously—or not seriously enough?
- \_\_\_\_\_ 7. To what extent are you able to take in stride or laugh about the little things that go wrong, rather than becoming angry or upset over them?
- \_\_\_\_\_ 8. To what extent do the same problems or annoyances seem to bother you over and over again?
- \_\_\_\_\_ 9. To what extent do you really value the expressed opinions of others—even though you might not agree with them?
- \_\_\_\_\_ 10. To what extent, in a conversation, are you interested primarily in trying to get others to agree with your opinion?
- \_\_\_\_\_ 11. How much does it generally upset or frustrate you when others disagree with your opinion about something?
- \_\_\_\_\_ 12. How much do you tend to view "who should get their way" in a disagreement in terms of "who got their way the last time"?
- \_\_\_\_\_ 13. How easy is it usually for you to give up something you really want without further arguing or excessively complaining about it, when you come to realize that you can't do or have it?
- \_\_\_\_\_ 14. When disagreeing with someone, how conscious are you of trying to determine whose need is really the greatest for whatever is being fought or argued over?
- \_\_\_\_\_ 15. To what extent do you tend to "think before you speak" in serious, sensitive, or potentially "flammable" situations?
- \_\_\_\_\_ 16. How often have you tended to feel bad about or later regret either something that you said, or something you did not say but wish you had?
- \_\_\_\_\_ 17. How afraid or shy do you feel about expressing an opinion when you think that others will probably disagree with it or think it not worthwhile?
- \_\_\_\_\_ 18. To what extent, even when you should speak up, do you actually tend, instead, to agree with or "give in" to others—letting them have their way rather than causing a conflict or "rocking the boat"?
- \_\_\_\_\_ 19. To what extent do you tend to state your opinions to others as if they were facts (for example, saying things like "This is dumb" or "You should"—instead of "I think this is dumb" or "I think you should," and so on)?
- \_\_\_\_\_ 20. How often has another become angered or upset about or by something you said when you did not previously anticipate that reaction on their part?
- \_\_\_\_\_ 21. When you think that they really should be said, how much advance thought do you usually give to what is the best way of saying things which hurt or are critical of someone else?
- \_\_\_\_\_ 22. To what extent do you generally place having conversations with the people who are important in your life before tasks, things, or other concerns which are really less important?
- \_\_\_\_\_ 23. How much of the time do you tend to feel that others misunderstand you?
- \_\_\_\_\_ 24. How often have others told you that you either didn't understand them, or what they had said?
- \_\_\_\_\_ 25. How often do you deliberately take time to be by yourself, to just relax, or to