

PERSONALITY DEVELOPMENT TEST NO.1

How Do You Feel about Yourself?

1 I feel that people would not like me if they really knew me well.

2 I feel that others do things much better than I do.

3 I feel that I am an attractive person.

4 I feel confident in my ability to deal with other people.

5 I feel that I am likely to fail at things I do.

6 I feel that people really like to talk with me.

7 I feel that I am a very competent person.

8 When I am with other people I feel that they are glad I am with them.

9 I feel that I make a good impression on others.

10 I feel confident that I can begin new relationships if I want to.

11 I feel that I am ugly.

12 I feel that I am a boring person.

13 I feel very nervous when I am with strangers.

14 I feel confident in my ability to learn new things.

15 I feel good about myself.

16 I feel ashamed about myself.

17 I feel inferior to other people.

18 I feel that my friends find me interesting.

19 I feel that I have a good sense of humor.

20 I get angry at myself over the way I am.

21 I feel relaxed meeting new people.

22 I feel that other people are smarter than myself.

23 I do *not* like myself.

24 I feel confident in my ability to cope with difficult situations.

25 I feel that I am *not* very likable.

26 My friends value me a lot.

- 27 I am afraid I will appear stupid to others.
- 28 I feel that I am an okay person.
- 29 I feel that I can count on myself to manage things well.
- 30 I wish I could just disappear when I am around other people.
- 31 I feel embarrassed to let others hear my ideas.
- 32 I feel that I am a nice person.
- 33 I feel that if I could be more like other people then I would feel better about myself.
- 34 I feel that I get pushed around more than others.
- 35 I feel that people like me.
- 36 I feel that people have a good time when they are with me.
- 37 I feel confident that I can do well in whatever I do.
- 38 I trust the competence of others more than I trust my own abilities.
- 39 I feel that I mess things up.
- 40 I wish that I were someone else.

PERSONALITY DEVELOPMENT TEST NO.2

How Anxious Are You?

- 1 I blush easily.
- 2 I often feel so helpless and desperate that life becomes a source of suffering for me.
- 3 Poor sleep is one of my biggest problems.
- 4 I often avoid talking to people in a train or on a bus.
- 5 I tend to avoid going out.
- 6 I often have a headache.
- 7 I often experience the feeling of embarrassment.
- 8 A jittery feeling has become part of my life.
- 9 I often have dizzy attacks.
- 10 I sometimes cannot think of anything except for my worries.
- 11 I seldom experience chest pain.
- 12 I seldom feel on edge.
- 13 I cannot concentrate on a task because of disruption by uncontrolled thoughts.
- 14 I rarely feel joyful.
- 15 I have persistent disturbing thoughts.
- 16 I definitely avoid going to any kind of place again where I previously had a difficult time (for example, a social gathering or a street, etc.).
- 17 I sometimes think of myself as an inefficient person.
- 18 My feelings dominate my personality so much that I have no control over them.
- 19 I worry a lot when I think of possible disapproval from others.
- 20 I often experience the feeling of excitement.
- 21 I rarely try to steer clear of challenging jobs.
- 22 I rarely have disturbed sleep.
- 23 I sometimes feel upset.
- 24 My muscles are quite tense throughout the day.
- 25 When at home I usually try not to stay alone at night.
- 26 I sometimes get easily tired even when not working hard.

- 27 I rarely worry about unimportant events.
- 28 I seldom laugh freely.
- 29 I usually worry that I will not be able to cope with difficulties in my life.
- 30 I tend to avoid talking to someone who is above me such as my boss.
- 31 I rarely find myself lost in worrying.
- 32 Wherever I go or whatever I do, I always have a feeling of discomfort.
- 33 I sometimes avoid participating in discussions even though I know the topic well.
- 34 My hands rarely shake.
- 35 I sometimes feel extremely self-conscious.
- 36 I am worried that others might misunderstand me.
- 37 I occasionally experience a tingling sensation around my body.
- 38 I rarely try to keep away from social gatherings.
- 39 I sometimes feel happy but it easily fades away.
- 40 Even if everything is going well, my mind is occupied by imagining upsetting ideas.
- 41 I seldom have palpitations.
- 42 I cannot think clearly about anything because disrupting thoughts keep occurring in my mind.
- 43 There seems to be a lump in my throat much of the time.
- 44 I cannot feel relaxed even though I am not in a hurry.
- 45 I seldom avoid speaking at social occasions.
- 46 Even if it is necessary, I sometimes avoid asking other people questions.
- 47 I very rarely imagine myself being unpopular with my friends.
- 48 I have diarrhea once a month or more.
- 49 I often find myself thinking about possible embarrassing situations.
- 50 I usually feel quite insecure in my life.
- 51 I have a tight sensation at my neck.
- 52 I usually avoid getting involved in social activity.
- 53 My uneasy feelings flare up at any moment.
- 54 I usually try to avoid walking in crowded streets.

55 I always feel irritable.

56 I hardly ever tell jokes.

57 I am concerned about how others view me.

58 I sometimes have stomach problems.

59 Half of my thoughts are related to some kinds of worries.

60 I try to avoid standing up to other people even if they have taken advantage of me.

PERSONALITY DEVELOPMENT TEST NO.3

How Depressed Are You?

- 1 I feel like I'm up against the world.
- 2 I'm no good.
- 3 Why can't I ever succeed?
- 4 No one understands me.
- 5 I've let people down.
- 6 I don't think I can go on.
- 7 I wish I were a better person.
- 8 I'm so weak.
- 9 My life's not going the way I want it to.
- 10 I'm so disappointed in myself.
- 11 Nothing feels good anymore.
- 12 I can't stand this anymore.
- 13 I can't get started.
- 14 What's wrong with me?
- 15 I wish I were somewhere else.
- 16 I can't get things together.
- 17 I hate myself.
- 18 I'm worthless.
- 19 I wish I could just disappear.
- 20 What's the matter with me?
- 21 I'm a loser.
- 22 My life is a mess.
- 23 I'm a failure.
- 24 I'll never make it.
- 25 I feel so helpless.
- 26 Something has to change.
- 27 There must be something wrong with me.

28 My future is bleak.

29 It's just not worth it.

30 I can't finish anything.

PERSONALITY DEVELOPMENT TEST NO.4

Who Controls Your Fate?

- 1 I live too much by other people's standards.
- 2 In order to get along and be liked, I tend to be what people expect me to be rather than anything else.
- 3 I guess I put on a show to impress people. I know I'm not the person I pretend to be.
- 4 I change my opinion (or the way I do things) in order to please someone else.
- 5 I have to be careful at parties and social gatherings for fear I will do or say things that others won't like.
- 6 In class, or in a group, I am unlikely to express my opinion because I fear that others may not think well of it or of me.
- 7 I keep still or tell "little white lies" in the company of my friends so as not to reveal to them that I am different (or think differently) from them.
- 8 There are many aspects of my behavior over which I have very little control.
- 9 I often find that my own inclinations have little to do with what I actually do or say.
- 10 I have trouble taking orders because they often conflict with my own inclinations.
- 11 I always practice what I preach.
- 12 I am basically good at following through with my plans.
- 13 I never say anything I don't mean.
- 14 I have my own code of behavior and I follow it to the letter.
- 15 All one's behavior should be directed toward a certain small number of definite personal goals.
- 16 "Tell it like it is" is always the best policy.
- 17 I can make impromptu speeches even on topics about which I have almost no information.
- 18 I would probably make a good actor because I can play any role.
- 19 I have very little trouble changing my behavior to suit different people and different situations.
- 20 In informal discussions I often speak in favor of an unpopular position in order to cause people to think more carefully about what they are saying.
- 21 I can only argue for ideas to which I am strongly committed
- 22 I think that it is very hard to predict how people are going to behave.
- 23 Most behavior can't be predicted in advance.

24 Some of the things my friends decide to do often come as a great surprise to me.

25 Once you get to know a person well, even then his behavior will often surprise you.

26 I usually have a pretty good idea how I'm going to behave in a particular situation.

27 I usually know what my friends are going to do.

28 I think that most people are very predictable.

29 Once you get to know a person well, you can usually tell what he/she is going to do.

PERSONALITY DEVELOPMENT TEST NO.5

How Rational Are You?

- 1 Dealing with some people can be very unpleasant, but it can never be awful or horrible.
- 2 When I make a mistake, I often tell myself, "I shouldn't have done that."
- 3 Absolutely, people must obey the law.
- 4 There is nothing that I "can't stand."
- 5 Being ignored, or being socially awkward at a party, would reduce my sense of self-worth.
- 6 Some situations in life are truly terrible.
- 7 In some areas I absolutely should be more competent.
- 8 My parents should be reasonable in what they ask of me.
- 9 There are some things that I just can't stand.
- 10 My self-worth is not higher because of my successes in school or on the job.
- 11 The way some children behave is just awful.
- 12 I absolutely should not have made certain obvious mistakes in my life.
- 13 Even if they had promised, and it was important to me, there is no reason why my friends have to do what I want.
- 14 I can't deal with it when my friends (or my children) behave immaturely, wildly, or improperly.
- 15 There are good people and bad people, as can be seen by watching what they do.
- 16 There are times when awful things happen.
- 17 There is nothing that I must do in life.
- 18 Children must eventually learn to live up to their obligations.
- 19 Sometimes I just can't tolerate my poor achievement in school or at work.
- 20 Even when I make serious or costly mistakes, or hurt others, my self-worth does not change.
- 21 It would be terrible if I could not succeed at pleasing the people I love.
- 22 I would like to do better at school (or at work) but there is no reason why I absolutely must do better.
- 23 I believe that people definitely should not behave poorly in public.
- 24 I just can't take a lot of pressure and stress.
- 25 The approval or disapproval of my friends or family does not affect my self-worth.

- 26 It would be unfortunate, but certainly not terrible, if someone in my family had serious medical problems.
- 27 I definitely have to do a good job on all things that I decide to do.
- 28 It's generally okay for teenagers to act differently by eating pizza for breakfast and leaving clothing and books all over the floor in their room.
- 29 I can't stand some of the things that have been done by my friends or members of my family.
- 30 A person who sins or harms others repeatedly is a "bad person."
- 31 It would be awful if someone I loved developed serious mental problems and had to be hospitalized.
- 32 I have to make absolutely sure that everything is going well in important areas of my life.
- 33 If it's important to me, close friends should want to do the favors that I ask of them.
- 34 I can easily tolerate very unpleasant situations and uncomfortable, awkward interactions with friends.
- 35 The way others evaluate me (friends, supervisors, teachers) is very important in determining the way I rate myself.
- 36 It's terrible when my friends behave poorly and inappropriately in public.
- 37 I clearly should not make some of the mistakes I make.
- 38 There is no reason why my family members must act the way I want them to.
- 39 It's unbearable when lots and lots of things go wrong.
- 40 I often rate myself based upon my success at work or school, or upon my social achievements.
- 41 It would be terrible if I totally failed in school or at work.
- 42 There is no reason why I should be a better person than I am.
- 43 There are clearly some things that other people must not do.
- 44 There are some things about people at work (or in school) that I just can't stand.
- 45 Serious emotional or legal problems would lower my sense of self-worth.
- 46 Even very bad and distasteful situations like failing, or losing a lot of money or a job, are not terrible.
- 47 There are some good reasons why I must not make errors at school or at work.
- 48 Absolutely, my friends and family should treat me better than they sometimes do.
- 49 I can easily accept it when my friends don't behave the way I expect them to.

It is important to teach children that they can become “good boys” and “good girls” by performing well in school and earning the approval of their parents.

PERSONALITY DEVELOPMENT TEST NO.6

How Impulsive Are You?

- 1 I plan tasks carefully.
- 2 I do things without thinking.
- 3 I make up my mind quickly.
- 4 I am happy-go-lucky.
- 5 I don't "pay attention."
- 6 I have racing thoughts.
- 7 I plan trips well ahead of time.
- 8 I am self-controlled.
- 9 I concentrate easily.
- 10 I save regularly.
- 11 I squirm during plays or lectures.
- 12 I am a careful thinker.
- 13 I plan for job security.
- 14 I say things without thinking.
- 15 I like to think about complex problems.
- 16 I change jobs.
- 17 I act on impulse.
- 18 I get easily bored when solving thought problems.
- 19 I act on the spur of the moment.
- 20 I am a steady thinker.
- 21 I change where I live.
- 22 I buy things on impulse.
- 23 I can only think about one problem at a time.
- 24 I change hobbies.
- 25 I spend or charge more than I earn.
- 26 I have outside thoughts when thinking.
- 27 I am more interested in the present than in the future.

28 I am restless at the theater or lectures.

29 I like puzzles.

30 I am future oriented.

PERSONALITY DEVELOPMENT TEST NO.7

How Do You Feel about Your Body?

- 1 Before going out in public, I always notice how I look.
- 2 I am careful to buy clothes that will make me look my best.
- 3 I would pass most physical-fitness tests.
- 4 It is important that I have superior physical strength.
- 5 My body is sexually appealing.
- 6 I am not involved in a regular exercise program.
- 7 I like my looks just the way they are.
- 8 I check my appearance in a mirror whenever I can.
- 9 Before going out, I usually spend a lot of time getting ready.
- 10 My physical endurance is good.
- 11 Participating in sports is unimportant to me.
- 12 I do not actively do things to keep physically fit.
- 13 Most people would consider me good-looking.
- 14 It is important that I always look good.
- 15 I use very few grooming products.
- 16 I easily learn physical skills.
- 17 Being physically fit is not a strong priority in my life.
- 18 I do things to increase my physical strength.
- 19 I like the way I look without my clothes.
- 20 I am self-conscious if my grooming isn't right.
- 21 I usually wear whatever is handy without caring how it looks.
- 22 I do poorly in physical sports or games.
- 23 I seldom think about my athletic skills.
- 24 I work to improve my physical stamina.
- 25 I like the way my clothes fit me.
- 26 I don't care what people think about my appearance.

27 I take special care with my hair grooming.

28 I dislike my physique.

29 I don't care to improve my abilities in physical activities.

30 I try to be physically active.

31 I am physically unattractive.

32 I never think about my appearance.

33 I am always trying to improve my physical appearance.

34 I am very well coordinated.

35 I play a sport regularly throughout the year.

For the following two items, place a mark by the alternative that best describes you.

36 I think I am:

- Very underweight
- Somewhat underweight
- Normal weight
- Somewhat overweight
- Very overweight

37 From looking at me, most other people would think

I am:

- Very underweight
- Somewhat underweight
- Normal weight
- Somewhat overweight
- Very overweight

Use the scale below to indicate how satisfied you are with each of the following areas of your body:

1 = Very dissatisfied

2 = Mostly dissatisfied

3 = Neither satisfied nor dissatisfied

4 = Mostly satisfied

5 = Very satisfied

| | 1 | 2 | 3 | 4 | 5 |
|-----------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 38 Face (facial features, complexion) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 39 Hair (color, thickness, texture) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 40 Lower torso (buttocks, hips, thighs, legs) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 41 Midtorso (waist, stomach) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 42 Upper torso (chest or breasts, shoulders, arms) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 43 Muscle tone | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 44 Weight | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 45 Height | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 46 Overall appearance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

PERSONALITY DEVELOPMENT TEST NO.8

How Much Do You Worry?

- 1 When I worry, I feel that I am the only one to have difficulties.
- 2 Worrying about less important things distracts me from more emotional subjects that I don't want to think about.
- 3 If I worry, I can find a better way to be as a person.
- 4 I worry because I am accustomed to worrying.
- 5 I worry because I have learned to always expect the worst.
- 6 I worry because if the worst happens, I would feel guilty if I hadn't worried.
- 7 I worry to try to protect the world.
- 8 If I worry I can find better ways to do things.
- 9 I worry to try to better protect myself.
- 10 If I don't worry and the worst happens, it would be my fault.
- 11 I worry about the past in order to learn from my mistakes.
- 12 When I worry, I think that life seems much easier for others than for me.
- 13 I worry to try to have better control over my life.
- 14 I worry because if the worst happens, I wouldn't be able to cope.
- 15 I worry to avoid disappointment.
- 16 When I worry, I tell myself that there must always be a solution to every problem.
- 17 I worry about lots of little things so I won't think about more important things.
- 18 By worrying, I can stop bad things from happening.
- 19 Even if I know that it's not true, I feel that worrying can decrease the likelihood that the worst will happen.
- 20 If I worry less, I have less chance of finding the best solution.
- 21 Uncertainty stops me from having a firm opinion.
- 22 Being uncertain means that a person is disorganized.
- 23 Uncertainty makes life intolerable.
- 24 It's not fair that there are no guarantees in life.
- 25 My mind can't be relaxed if I don't know what will happen tomorrow.

- 26 Uncertainty makes me uneasy, anxious, or stressed.
- 27 Unforeseen events upset me greatly.
- 28 It frustrates me not having all the information I need.
- 29 Being uncertain allows me to foresee the consequences beforehand and to prepare for them.
- 30 One should always look ahead so as to avoid surprises.
- 31 A small unforeseen event can spoil everything, even with the best of planning.
- 32 When it's time to act uncertainty paralyzes me.
- 33 Being uncertain means that I am not first-rate.
- 34 When I am uncertain, I cannot go forward.
- 35 When I am uncertain, I can't function very well.
- 36 Unlike me, others always seem to know where they are going with their lives.
- 37 Uncertainty makes me vulnerable, unhappy, or sad.
- 38 I always want to know what the future has in store for me.
- 39 I hate being taken by surprise.
- 40 The smallest doubt stops me from acting.
- 41 I should be able to organize everything in advance.
- 42 Being uncertain means that I lack confidence.
- 43 I think it's unfair that other people seem sure about their future.
- 44 Uncertainty stops me from sleeping well.
- 45 I must get away from uncertain situations
- 46 The ambiguities in life stress me.
- 47 I can't stand being undecided about my future.

PERSONALITY DEVELOPMENT TEST NO.9

How Friendly Are You?

- 1 There are many times when you don't think well of yourself.
- 2 A lot of the ideas and opinions of other people don't make much sense.
- 3 You often don't give compliments to someone who might deserve them.
- 4 You find it hard to be really yourself, even with your friends.
- 5 You are a shy person.
- 6 The ideas of your friends have little influence upon your opinions.
- 7 When your friends need advice, it is not always easy for you to give them suggestions or ideas about what to do.
- 8 You like to spend your time alone and to be by yourself.
- 9 You have many qualities that are not especially desirable.
- 10 You don't like to be bothered by people who don't know what to do.
- 11 If there is a new person around, you introduce yourself and your friends.
- 12 The world in which we live has a lot of unfriendly people in it.
- 13 You think of yourself as a person who can find something of value in any point of view.
- 14 If someone comes to talk with you, you always stop whatever it is you're doing and give your attention to the person.
- 15 You always lend money to people you know who ask for it.
- 16 If a friend of yours moved away, you would feel sad and unhappy for quite a time.
- 17 You are very pleasant and agreeable.
- 18 You always listen patiently and calmly to others, even when their ideas disagree with your own.
- 19 Often you tell someone you're going to do something and then just forget it.
- 20 If you have time for fun and relaxation, you prefer to read or watch television or do something by yourself.
- 21 You lose your temper easily.
- 22 Even if you don't hear from a friend for several days and don't know why, you don't try to get in touch.
- 23 If you are working with people, you usually don't bother to praise them for their help.

- 24 Sometimes you feel all alone in the world.
- 25 You are not very popular.
- 26 When you are trying to get across your ideas, it bothers you to listen to someone who doesn't seem to know what he or she is talking about.
- 27 You don't go around encouraging people to get interested in hobbies, clubs, or activities.
- 28 People today aren't as loyal or true to one another as they used to be.
- 29 You think of yourself as a very friendly person.
- 30 It's easy for you to start a conversation with a stranger and keep it going.
- 31 When your friends are sick, you always send them a little present or give them a call.
- 32 You get invited to parties as often as you'd like.
- 33 You think of yourself as very generous.
- 34 People often come to you with their personal problems.
- 33 If you see someone needs help, you drop whatever you're doing and lend a hand.
- 36 People often take your actions and comments the wrong way.
- 37 You are sometimes quiet and reserved.
- 38 You make it easy for people to tell you what they think.
- 39 In talking with people, you mostly listen and keep your ideas and opinions to yourself.
- 40 Good friends are hard for you to find.

PERSONALITY DEVELOPMENT TEST NO.10

How Assertive Are You?

- 1 Do you ignore it when someone pushes in front of you in line?
- 2 Do you find it difficult to ask a friend to do a favor for you?
- 3 If your boss or supervisor makes what you consider an unreasonable request, do you have difficulty saying no?
- 4 Are you reluctant to speak to an attractive acquaintance of the opposite sex?
- 5 Is it difficult for you to refuse unreasonable requests from your parents?
- 6 Do you find it difficult to accept compliments from your boss or supervisor?
- 7 Do you express your negative feelings to others when it is appropriate?
- 8 Do you freely volunteer information or opinions in discussions with people whom you do not know well?
- 9 If there was a public figure whom you greatly admired and respected at a large social gathering, would you make an effort to introduce yourself?
- 10 How often do you openly express justified feelings of anger to your parents?
- 11 If you have a friend of whom your parents do not approve, do you make an effort to help them get to know one another better?
- 12 If you were watching a TV program in which you were very interested and a close relative was disturbing you, would you ask them to be quiet?
- 13 Do you play an important part in deciding how you and your close friends spend your leisure time together?
- 14 If you are angry at your spouse/boyfriend/girlfriend, is it difficult for you to tell him/her?
- 15 If a friend who is supposed to pick you up for an important engagement calls fifteen minutes before he/she is supposed to be there and says that he/she cannot make it, do you express your annoyance?
- 16 If in a rush you stop by a supermarket to pick up a few items, would you ask to go before someone in the checkout line?
- 17 Do you find it difficult to refuse the requests of others?
- 18 If your boss or supervisor expresses opinions with which you strongly disagree, do you venture to state your own point of view?

19 If you have a close friend whom your spouse/boyfriend/girlfriend dislikes and constantly criticizes, would you inform him/her that you disagree and tell him/her of your friend's assets?

20 Do you find it difficult to ask favors of others?

21 If food which is not to your satisfaction was served in a good restaurant, would you bring it to the waiter's attention?

22 Do you tend to drag out your apologies?

23 When necessary, do you find it difficult to ask favors of your parents?

24 Do you insist that others do their fair share of the work?

25 Do you have difficulty saying no to salesmen?

26 Are you reluctant to speak up in a discussion with a small group of friends?

27 Do you express anger or annoyance to your boss or supervisor when it is justified?

28 Do you compliment and praise others?

29 Do you have difficulty asking a close friend to do an important favor, even though it will cause him/her some inconvenience?

30 If a close relative makes what you consider to be an unreasonable request, do you have difficulty saying no?

31 If your boss or supervisor makes a statement that you consider untrue, do you question it aloud?

32 If you find yourself becoming fond of a friend, do you have difficulty expressing these feelings to that person?

33 Do you have difficulty exchanging a purchase with which you are dissatisfied?

34 If someone in authority interrupts you in the middle of an important conversation, do you request that the person wait until you have finished?

35 If a person of the opposite sex whom you have been wanting to meet directs attention to you at a party, do you take the initiative in beginning the conversation?

36 Do you hesitate to express resentment to a friend who has unjustifiably criticized you?

37 If your parents wanted you to come home for a weekend visit and you had made important plans, would you change your plans?

38 Are you reluctant to speak up in a discussion or debate?

39 If a friend who has borrowed \$5.00 from you seems to have forgotten about it, is it difficult for you to remind this person?

40 If your boss or supervisor teases you to the point that it is no longer fun, do you have difficulty expressing your displeasure?

41 If your spouse/boyfriend/girlfriend is blatantly unfair, do you find it difficult to say something about it to him/her?

42 If a clerk in a store waits on someone who has come in after you when you are in a rush, do you call his attention to the matter?

43 If you lived in an apartment and the landlord failed to make certain repairs after it had been brought to his attention, would you insist on it?

44 Do you find it difficult to ask your boss or supervisor to let you off early?

45 Do you have difficulty verbally expressing love and affection to your spouse/boyfriend/girlfriend?

47 Do you readily express your opinions to others?

48 If a friend makes what you consider to be an unreasonable request, are you able to refuse?

PERSONALITY DEVELOPMENT TEST NO.11

How Capable Are You of Intimacy?

- 1 I would feel uncomfortable telling X about things in the past that I have felt ashamed of.
- 2 I would feel uneasy talking with X about something that has hurt me deeply.
- 3 I would feel comfortable expressing my true feelings to X.
- 4 If X were upset I would sometimes be afraid of showing that I care.
- 5 I might be afraid to confide my innermost feelings to X.
- 6 I would feel at ease telling X that I care about him/her.
- 7 I would have a feeling of complete togetherness with X.
- 8 I would be comfortable discussing significant problems with X.
- 9 A part of me would be afraid to make a long-term commitment to X.
- 10 I would feel comfortable telling X my experiences, even sad ones.
- 11 I would probably feel nervous showing X strong feelings of affection.
- 12 I would find it difficult being open with X about my personal thoughts.
- 13 I would feel nervous showing X strong feelings of affection.
- 14 I would not be afraid to share with X what I dislike about myself.
- 15 I would be afraid to take the risk of being hurt in order to establish a closer relationship with X.
- 16 I would feel comfortable keeping very personal information to myself.
- 17 I would not be nervous about being spontaneous with X.
- 18 I would feel comfortable telling X things that I do not tell other people.
- 19 I would feel comfortable trusting X with my deepest thoughts and feelings.
- 20 I would sometimes feel uneasy if X told me about very personal matters.
- 21 I would be comfortable revealing to X what I feel are my shortcomings and handicaps.
- 22 I would be comfortable with having a close emotional tie between us.
- 23 I would be afraid of sharing my private thoughts with X.
- 24 I would be afraid that I might not always feel close to X.
- 25 I would be comfortable telling X what my needs are.
- 26 I would be afraid that X would be more invested in the relationship than I would be.
- 27 I would feel comfortable about having open and honest communication with X.

29

I would sometimes feel uncomfortable listening to X's personal problems.

30

I would feel at ease to completely be myself around X.

31

I would feel relaxed being together and talking about our personal goals.

32

I have shied away from opportunities to be close to someone.

33

I have held my feelings back in previous relationships.

34

There are people who think that I am afraid to get close to them.

35

There are people who think that I am not an easy person to get to know.

36

I have done things in previous relationships to keep me from developing closeness.

PERSONALITY DEVELOPMENT TEST NO.12

Are You a Controlling Person?

- 1 I am easily awakened by noise.
- 2 When it's time to make a major decision like purchasing a house or a car, I usually make that decision.
- 3 When it's time to make a major decision about moving, I usually make that decision.
- 4 My daily life is full of things that are interesting.
- 5 I enjoy detective or mystery stories.
- 6 I work under a great deal of tension.
- 7 When it's time to discipline the children, I make that decision.
- 8 No one seems to understand me.
- 9 When it's time to decide about social events with friends or family, I usually make that decision.
- 10 I like to be bossy.
- 11 At times I feel like swearing.
- 12 I like to get in the last word.
- 13 I find it hard to keep my mind on a task.
- 14 At times I feel like smashing things.
- 15 I like to know the details about other people's phone conversations.
- 16 I do not always tell the truth.
- 17 I like to have rules and structure for handling most or all situations.
- 18 I like to monitor other people to make sure things are going the way they should be.
- 19 I like to make sure everything goes according to plan.
- 20 I am a good mixer.
- 21 I like to lead conversations or group discussions.
- 22 I am liked by most people.
- 23 I get angry sometimes.
- 24 I may be inclined to interrupt people if they are not responding in the way they should be.
- 25 I think most people would lie to get ahead.

26 I am lacking in self-confidence.

27 I am an important person.

28 I have a tendency to manipulate, maneuver, or control other people.

29 I am a good leader but not particularly a good follower.

30 I like to give directions about driving or other activities.

31 I am happy most of the time.

32 I am a person who, if I am going out for an evening, likes to decide where to eat, what movie to attend, etc.

33 My hardest battles are with myself.

34 I seem to be about as capable and smart as most others around me.

35 I tend to over structure spontaneous time such as vacation, etc. and turn them into controlled events.

36 I feel useless at times.

37 I have ideas about controlling other things with the children and other people such as how much food they should have on their plate, etc.

38 I am seen by relatives as being a dominant member of our extended family.

39 I am the one who usually decides which television channel to watch.

40 I am the one who usually controls the thermostat in the house.

41 Criticism or scolding hurts me terribly.

42 I would rather win than lose in a game.

43 I do not tire quickly.

PERSONALITY DEVELOPMENT TEST NO.13

Are You an Angry Person?

- 1 I tend to get angry more frequently than most people.
- 2 Other people seem to get angrier than I do in similar circumstances.
- 3 I harbor grudges that I don't tell anyone about.
- 4 I try to get even when I'm angry with someone.
- 5 I am secretly quite critical of others.
- 6 It is easy to make me angry.
- 7 When I am angry with someone, I let that person know.
- 8 I have met many people who are supposed to be experts who are no better than I.
- 9 Something makes me angry almost every day.
- 10 I often feel angrier than I think I should.
- 11 I feel guilty about expressing my anger.
- 12 When I am angry with someone, I take it out on whoever is around.
- 13 Some of my friends have habits that annoy and bother me very much.
- 14 I am surprised at how often I feel angry.
- 15 Once I let people know I'm angry, I can put it out of my mind.
- 16 People talk about me behind my back.
- 17 At times, I feel angry for no specific reason.
- 18 I can make myself angry about something in the past just by thinking about it.
- 19 Even after I have expressed my anger, I have trouble forgetting about it.
- 20 When I hide my anger from others, I think about it for a long time.
- 21 People can bother me just by being around.
- 22 When I get angry, I stay angry for hours.
- 23 When I hide my anger from others, I forget about it pretty quickly.
- 24 I try to talk over problems with people without letting them know I'm angry.
- 25 When I get angry, I calm down faster than most people.
- 26 I get so angry, I feel like I might lose control.
- 27 If I let people see the way I feel, I'd be considered a hard person to get along with.

27

I am on my guard with people who are friendlier than I expected.

27

It's difficult for me to let people know I'm angry.

30

I get angry when:

- Someone lets me down.
- People are unfair.
- Something blocks my plans.
- I am delayed.
- Someone embarrasses me.
- I have to take orders from someone less capable than I.
- I have to work with incompetent people.
- I do something stupid.
- I am not given credit for something I have done.

PERSONALITY DEVELOPMENT TEST NO.14

How Trusting Are You?

- 1 If X gave me a compliment I would question if X really meant what was said.
- 2 If we decided to meet somewhere for lunch, I would be certain X would be there.
- 3 I would go hiking with X in unfamiliar territory if X assured me that he/she knew the area.
- 4 I wouldn't want to buy a piece of furniture from X because I wouldn't believe his/her estimate of its worth.
- 5 I would expect X to play fair.
- 6 I could rely on X to mail an important letter for me if I couldn't get to the post office.
- 7 I would be able to confide in X and know that he/she would want to listen.
- 8 I could expect X to tell the truth.
- 9 If I had to catch an airplane, I could not be sure X would get me to the airport in time.
- 10 If X unexpectedly laughed at something I did or said, I would wonder if he/she was being critical and unkind.
- 11 I could talk freely to X and know that X would want to listen.
- 12 X would never intentionally misrepresent my point of view to others.
- 13 If X knew what kinds of things hurt my feelings, I would never worry that he/she would use them against me.
- 14 I would be able to confide in X and know that he/she would want to listen.
- 15 If X didn't think I had handled a certain situation very well, he/she would not criticize me in front of other people.
- 16 If I told X what things I worry about, he/she would not think my concerns were silly.
- 17 If my alarm clock was broken and I asked X to call me at a certain time, I could count on receiving the call.
- 18 If X couldn't get together with me as we planned, I would believe his/her excuse that something important had come up.
- 19 If X promised to do me a favor, he/she would follow through.
- 20 If X were going to give me a ride somewhere and didn't arrive on time, I would guess there was a good reason for the delay.

21 If we decided to meet somewhere for lunch, I would be certain he/she would be there.

ITEMS FOR WOMEN

1 If I were injured or hurt, I could depend on X to do what was best for me.

2 If X borrowed something of value and returned it broken, X would offer to pay for the repairs.

3 If my alarm clock was broken and I asked X to call me at a certain time, I could count on receiving the call.

4 If X agreed to feed my pet while I was away, I would not worry about the kind of care it would receive.

5 If X promised to do me a favor, he/she would follow through.

6 If X were going to give me a ride somewhere and didn't arrive on time, I would guess there was a good reason for the delay.

7 I would be willing to lend X almost any amount of money because he/she would pay me back as soon as he/she could.

8 If X couldn't get together with me as we had planned, I would believe his/her excuse that something important had come up.

10 I could talk freely to X and know that he/she would want to listen.

11 X would never intentionally misrepresent my point of view to others.

12 If X knew what kinds of things hurt my feelings, I would never worry that he/she would use them against me, even if our relationship changed.

13 I would be able to confide in X and know that he/she would not discuss my concerns with others.

14 I could expect X to tell me the truth.

PERSONALITY DEVELOPMENT TEST NO.15

How Romantic Are You?

- 1 X's presence makes any activity more enjoyable.
- 2 X is close to my ideal as a person.
- 3 I am very lucky to be involved in a relationship with X.
- 4 I find myself wanting X when we're not together.
- 5 My relationship with X has given my life more direction and purpose.
- 6 I spend more time thinking about my career than I do about X.
- 7 I'd be extremely depressed for a long time if my relationship with X were to end.
- 8 If I couldn't have X, I'd easily find someone to replace X.
- 9 My relationship with X has made my life more worthwhile.
- 10 I don't really need X.
- 11 I want X.
- 12 I am very dependent upon X.
- 13 I feel very proud to know X.
- 14 I want X to confide mostly in me.
- 15 I spend a great deal of time thinking about X.
- 16 I want X to tell me "I love you."
- 17 I feel very secure in my relationship with X.
- 18 X is a rather mysterious person.
- 19 I often wonder how much X really cares for me.
- 20 Sometimes, I wish I didn't care so much for X.
- 21 I worry that X doesn't care as much for me as I do for X.
- 22 I have great difficulty trying to figure out X.
- 23 I have imagined conversations I would have with X.
- 24 I try to plan out what I want to say before talking to X.
- 25 X pays enough attention to me.
- 26 I feel uneasy if X is making friends with someone of the opposite sex.
- 27 I need X more than X needs me.

28

X has been the cause of some of my worst depressions.

29

My relationship with X is stable and quietly satisfying.

30

There is little conflict between X and myself.

31

I worry about losing X's affection.

PERSONALITY DEVELOPMENT TEST NO.16

How Guilty Are You about Sex?

“Dirty” jokes in mixed company . . .

1 do not bother me.

2 are something that make me very uncomfortable.

Masturbation . . .

3 is wrong and will ruin you.

4 helps one feel eased and relaxed.

Sex relations before marriage . . .

5 should be permitted.

6 are wrong and immoral.

Sex relations before marriage . . .

7 ruin many a happy couple.

8 are good in my opinion.

Unusual sex practices . . .

9 might be interesting.

10 don't interest me.

When I have sexual dreams . . .

11 I sometimes wake up feeling excited.

12 I try to forget them.

“Dirty” jokes in mixed company . . .

13 are in bad taste.

14 can be funny depending on the company.

Petting . . .

15 I am sorry to say is becoming an accepted practice.

16 is an expression of affection that is satisfying.

Unusual sex practices . . .

17 are not so unusual.

18 don't interest me.

Sex . . .

19 is good and enjoyable.

20 should be saved for wedlock and childbearing.

“Dirty” jokes . . .

21 are coarse to say the least.

22 are lots of fun.

When I have sexual desires . . .

23 I enjoy it like all healthy human beings.

24 I fight them for I must have complete control of my body.

Unusual sex practices . . .

25 are unwise and lead only to trouble.

26 are all in how you look at it.

Unusual sex practices . . .

27 are okay as long as they're heterosexual.

28 usually aren't pleasurable because you have preconceived feelings about their being wrong.

Sex relations before marriage . . .

29 in my opinion, should not be practiced.

30 are practiced too much to be wrong.

As a child, sex play . . .

31 is immature and ridiculous.

32 was indulged in.

Unusual sex practices . . .

33 are dangerous to one's health and mental condition.

34 are the business of those who carry them out and no one else's.

When I have sexual desires . . .

35 I attempt to repress them.

36 they are quite strong.

Petting . . .

37 is not a good practice until after marriage.

38 is justified with love.

Sex relations before marriage . . .

39 help people adjust.

40 should not be recommended.

Masturbation . . .

41 is wrong and a sin.

42 is a normal outlet for sexual desire.

Masturbation . . .

43 is all right.

44 is a form of self-destruction.

Unusual sex practices . . .

45 are awful and unthinkable.

46 are all right if both partners agree.

If I had sex relations, I would feel . . .

47 all right, I think.

48 I was being used, not loved.

Masturbation . . .

49 is all right.

50 should not be practiced.

PERSONALITY DEVELOPMENT TEST NO.17

How Good Are You at Turning Your Bad Moods Around?

- 1 I can usually find a way to cheer myself up.
- 2 I can do something to feel better.
- 3 Wallowing in it is all I can do.
- 4 I'll feel okay if I think about more pleasant times.
- 5 Being with other people will be a drag.
- 6 I can feel better by treating myself to something I like.
- 7 I'll feel better when I understand why I feel bad.
- 8 I won't be able to get myself to do anything about it.
- 9 I won't feel much better by trying to find some good in the situation.
- 10 It won't be long before I can calm myself down.
- 11 It will be hard to find someone who really understands.
- 12 Telling myself it will pass will help me calm down.
- 13 Doing something nice for someone else will cheer me up.
- 14 I'll end up feeling really depressed.
- 15 Planning how I'll deal with things will help.
- 16 I can forget about what's upsetting me pretty easily.
- 17 Catching up with my work will help me calm down.
- 18 The advice friends give me won't help me feel better.
- 19 I won't be able to enjoy the things I usually enjoy.
- 20 I can find a way to relax.
- 21 Trying to work the problem out in my head will only make it seem worse.
- 22 Seeing a movie won't help me feel better.
- 23 Going out to dinner with friends will help.
- 24 I'll be upset for a long time.
- 25 I won't be able to put it out of my mind.
- 26 I can feel better by doing something creative.

27

I'll start to feel really down about myself.

28

Thinking that things will eventually be better won't help me feel any better.

29

I can find some humor in the situation and feel better.

30

If I'm with a group of people, I'll feel "alone in a crowd."

PERSONALITY DEVELOPMENT TEST NO.18

How Effective a Person Are You?

- 1 When I make plans, I am certain I can make them work.
- 2 One of my problems is that I cannot get down to work when I should.
- 3 If I can't do a job the first time, I keep trying until I can.
- 4 When I set important goals for myself, I rarely achieve them.
- 5 I give up on things before completing them.
- 6 I avoid facing difficulties.
- 7 If something looks too complicated, I will not even bother to try it.
- 8 When I have something unpleasant to do, I stick to it until I finish it.
- 9 When I decide to do something, I go right to work on it.
- 10 When trying to learn something new, I soon give up if I am not initially successful
- 11 When unexpected problems occur, I don't handle them well.
- 12 I avoid trying to learn new things when they look too difficult for me.
- 13 Failure just makes me try harder.
- 14 I feel insecure about my ability to do things.
- 15 I am a self-reliant person.
- 16 I give up easily.
- 17 I do not seem capable of dealing with most problems that come up in life.
- 18 It is difficult for me to make new friends.
- 19 If I see someone I would like to meet, I go to that person instead of waiting for him or her to come to me.
- 20 If I meet someone interesting who is hard to make friends with, I'll soon stop trying to make friends with that person.
- 21 When I'm trying to become friends with someone who seems uninterested at first, I don't give up easily.
- 22 I do not handle myself well in social gatherings.
- 23 I have acquired my friends through my personal abilities at making friends.

PERSONALITY DEVELOPMENT TEST NO.19

How Hardy Are You?

- 1 Most of my life gets spent doing things that are worthwhile.
- 2 Planning ahead can help avoid most future problems.
- 3 Trying hard doesn't pay, since things still don't turn out right.
- 4 No matter how hard I try, my efforts usually accomplish nothing.
- 5 I don't like to make changes in my everyday schedule.
- 6 The "tried and true" ways are always best.
- 7 Working hard doesn't matter, since only the bosses profit by it.
- 8 By working hard you can always achieve your goals.
- 9 Most working people are simply manipulated by their bosses.
- 10 Most of what happens in life is just meant to be.
- 11 It's usually impossible for me to change things at work.
- 12 New laws should never hurt a person's paycheck.
- 13 When I make plans, I'm certain I can make them work.
- 14 It's very hard for me to change a friend's mind about something.
- 15 It's exciting to learn something about myself.
- 16 People who never change their minds usually have good judgment.
- 17 I really look forward to my work.
- 18 Politicians run our lives.
- 19 If I'm working on a difficult task, I know when to seek help.
- 20 I won't answer a question until I'm really sure I understand it.
- 21 I like a lot of variety in my work.
- 22 Most of the time, people listen carefully to what I say.
- 24 Daydreams are more exciting than reality for me.
- 25 Thinking of yourself as a free person just leads to frustration.
- 26 Trying your best at work really pays off in the end.
- 27 My mistakes are usually very difficult to correct.
- 29 It bothers me when my daily routine gets interrupted.

- 30 It's best to handle most problems by just not thinking of them.
- 31 Most good athletes and leaders are born, not made.
- 32 I often wake up eager to take up my life wherever it left off 160 in search of self-growth
- 33 Lots of times, I don't really know my own mind.
- 34 I respect rules because they guide me.
- 35 I like it when things are uncertain or unpredictable.
- 36 I can't do much to prevent it if someone wants to harm me.
- 37 People who do their best should get full support from society.
- 38 Changes in routine are interesting to me.
- 39 People who believe in individuality are only kidding themselves.
- 40 I have no use for theories that are not closely tied to facts.
- 41 Most days, life is really interesting and exciting for me.
- 42 I want to be sure someone will take care of me when I'm old.
- 43 It's hard to imagine anyone getting excited about working.
- 44 What happens to me tomorrow depends on what I do today.
- 45 If someone gets angry at me, it's usually no fault of mine.
- 46 It's hard to believe people who say their work helps society.
- 47 Ordinary work is just too boring to be worth doing.

PERSONALITY DEVELOPMENT TEST NO.20

How Well Do You Cope with Traumatic Life Events?

- 1 I learned to look at things in a more positive way.
- 2 I learned that I am stronger than I thought I was.
- 3 I learned to be a more optimistic person.
- 4 I realized how much my family cares about me.
- 5 I learned to be more confident in myself.
- 6 I learned to approach life more calmly.
- 7 I have more compassion for others.
- 8 Now I know I can handle difficulties.
- 9 My relationship with my family became more important.
- 10 I learned to work through my problems and not give up.
- 11 I learned to find more meaning in life.
- 12 My faith in God increased.
- 13 My relationship with my family became more meaningful.
- 14 My life now has more meaning and satisfaction.
- 15 I learned to appreciate the strength of others who have difficult times.
- 16 My confidence in God increased.
- 17 I learned to live for today, because you never know what will happen tomorrow.
- 18 Now I know that I can count on my friends in difficult times.
- 19 I learned to deal better with uncertainty.
- 20 I learned to be more patient.

PERSONALITY DEVELOPMENT TEST NO.21

How Empathic Are You?

- 1 It makes me sad to see a lonely stranger in a group.
- 2 People make too much of the feelings and sensitivity of animals.
- 3 I often find public displays of affection annoying.
- 4 I am annoyed by unhappy people who are just sorry for themselves.
- 5 I become nervous if others around me seem to be nervous
- 6 I find it silly for people to cry out of happiness.
- 7 I tend to get emotionally involved with a friend's problems.
- 8 Sometimes the words of a love song can move me deeply.
- 9 I tend to lose control when I am bringing bad news to people.
- 10 The people around me have a great influence on my moods.
- 11 Most foreigners I have met seemed cool and unemotional.
- 12 I would rather be a social worker than work in a job training center.
- 13 I don't get upset just because a friend is acting upset.
- 14 I like to watch people open presents.
- 15 Lonely people are probably unfriendly.
- 16 Seeing people cry upsets me.
- 17 Some songs make me happy.
- 18 I really get involved with the feelings of the characters in a novel.
- 19 I get very angry when I see someone being ill-treated.
- 20 I am able to remain calm even though those around me worry.
- 21 When a friend starts to talk about his problems, I try to Msteer the conversation to something else.
- 22 Another's laughter is not catching for me.
- 23 Sometimes at the movies I am amused by the amount of crying and sniffing around me.
- 24 I am able to make decisions without being influenced by people's feelings.
- 25 I cannot continue to feel okay if people around me are depressed.
- 26 It is hard for me to see how some things upset people so much.

27 I am very upset when I see an animal in pain.

28 Becoming involved in books or movies is a little silly.

29 It upsets me to see helpless old people.

30 I become more irritated than sympathetic when I see someone's tears.

31 I become very involved when I watch a movie.

32 I often find that I can remain cool in spite of the excitement around me.

33 Little children sometimes cry for no apparent reason.

PERSONALITY DEVELOPMENT TEST NO.22

How Comfortable Are You with Your Mortality?

- 1 I have developed a personal understanding of existence that helps me to appreciate life fully.
- 2 The physical surroundings in which I live are very healthy.
- 3 Nothing interesting happens in my life.
- 4 I don't have any influence on my surroundings.
- 5 I am of no value in the eyes of society.
- 6 If I died today, I feel that absolutely no trace or influence of myself would remain.
- 7 I participate in the development of many others.
- 8 I feel that in spite of my inevitable death, I will always be an integral part of the world.
- 9 I feel that I am doing what I want in life.
- 10 I have certain values or beliefs that help me accept or rise above my mortal condition.
- 11 I have the feeling that human nature is doomed to destruction.
- 12 Intimate relationships scare me.
- 13 Once I've decided to do something, I do it with sustained interest.
- 14 I often feel very lonely.
- 15 The eventuality of my death contributes toward giving meaning and structure to my life.
- 16 My sex life contributes greatly to my well-being.
- 17 I have difficulty undertaking new things.
- 18 I feel comfortable in my body.
- 19 My love life brings me joy.
- 20 I feel competent in what I do.
- 21 If I died today, I have the feeling that I would live on in certain people I would leave behind.
- 22 I am full of energy and vitality.
- 23 I am not sure of who I am.
- 24 I am satisfied with my life so far.
- 25 I have good contact with others & I feel that I do not use my time well.

PERSONALITY DEVELOPMENT TEST NO.23

Do You Like New Experiences?

- 1 I think there should be less change in our society.
- 2 I am uncomfortable when things stay the same for long.
- 3 When ordering a meal in a restaurant, I tend to avoid unusual dishes or dishes I have never tasted before.
- 4 When I choose where I would like to go for a vacation, I tend to choose unusual or exotic places.
- 5 The structure of our society should change less than it does.
- 6 People who know me seem to think I am into strange and unusual things.
- 7 When I go to see a movie, I tend to avoid "arty" ones.
- 8 My tastes in music are unorthodox.
- 9 I would rather take a strange but interesting course than a more conventional but useful one.
- 10 The style of my clothes is somewhat outlandish.
- 11 Acupuncture can do nothing conventional medicine cannot do better.
- 12 Pigs can fly.
- 13 I would like to be one of the first passengers to go to the moon.
- 14 Current sexual mores are too permissive.
- 15 The things I laugh at are the things most people think are funny.
- 16 More people ought to experiment with "mind-altering" drugs.
- 17 Given the chance, I would rather parachute from a plane than go to a ball.
- 18 I would not like my boyfriend/girlfriend/spouse to be different from what people expect him/her to be.
- 19 I would never like to try eating insects.
- 20 I am always thinking of better ways of doing things.
- 21 I do not like to take risks.
- 22 I sometimes wonder what it would be like to be someone else.
- 23 Most people are stuffier than I am.
- 24 There is a lot to be said for tradition.
- 25 I can understand those who long for "The Good Old Days."
- 26 Old friends are the best friends.

27 I was happier when I was younger.

28 I do not believe it is right to pass laws on matters of morals.

29 Even when most people do something one way, there is usually a better way if we search for it.

30 There is no such thing as an evil person.

31 Crime is caused by the situations people find themselves in.

32 Changes in sex roles have brought us to a position that is about right.

33 The pressures for sexual equality have gone too far.

34 I like change.

35 Things are changing too much in my life now.

36 People should always seek personal growth.

37 I often long for the simplicity of the past.

38 They don't make things like they used to.

PERSONALITY DEVELOPMENT TEST NO.24

Do You Experience Moments of Joy?

- 1 I have never had an experience that made me extremely happy and, at least temporarily, removed much of my perplexity and confusion.
- 2 I have never had an experience that made me extremely happy and, at least temporarily, moved me closer to a perfect identity.
- 3 I have had an experience that made me extremely happy and, at least temporarily, made me feel more unique than I usually feel.
- 4 I have had an experience that made me feel more unique than I usually feel.
- 5 I have had an experience that made me extremely happy and, at least temporarily, caused me to feel that the world was sacred.
- 6 I have had an experience that made me extremely happy and, at least temporarily, filled me with surrender.
- 7 I have never had an experience that made me extremely happy and, at least temporarily, helped me to totally accept the world.
- 8 I have never had an experience that made me extremely happy and, at least temporarily, made me unable to blame or condemn anyone.
- 9 I have had an experience that made me extremely happy and, at least temporarily, made me a freer agent than I usually am.
- 10 I have never had an experience that made me extremely happy and, at least temporarily, made me want to do something good for the world.
- 11 I have had an experience that made me extremely happy and, at least temporarily, gave me a glimpse of the purpose that lies behind the events of this world.
- 12 I have never had an experience that made me extremely happy and, at least temporarily, allowed me to realize that the whole universe is an integrated and unified whole.
- 13 I have had an experience that made me extremely happy and, at least temporarily, caused my private, selfish concerns to fade away.

14 I have never had an experience that made me extremely happy and, at least temporarily, made me feel very lucky and fortunate.

15 I have never had an experience that made me extremely happy and, at least temporarily, gave me a greater appreciation of effortlessness and grace.

16 I have had an experience that made me extremely happy and, at least temporarily, gave my whole life new meaning.

17 I have never had an experience that made me extremely happy and, at least temporarily, made me incapable of negative emotions, only pity, charity, kindness, and perhaps sadness or amusement.

18 I have had an experience that made me extremely happy and, at least temporarily, caused time to seem to stand still.

19 I have had an experience that made me extremely happy and, at least temporarily, caused me to feel great kindness toward humanity.

20 I have never had an experience that made me extremely happy and, at least temporarily, made me feel as if all my wants and needs were satisfied.

21 I have had an experience that made me extremely happy and, at least temporarily, caused me to like and accept everyone.

22 I have had an experience that made me extremely happy and, at least temporarily, caused me to perceive the world and others in a more unselfish manner.

23 I have never had an experience that made me extremely happy and, at least temporarily, allowed me to realize that everyone has his/her place in the universe.

24 I have never had an experience that made me extremely happy and, at least temporarily, helped me to a greater appreciation of uniqueness and individuality.

25 I have had an experience that made me extremely happy and, at least temporarily, caused me to feel that the world is totally good.

26 I have never had an experience that made me extremely happy and, at least temporarily, helped me to a greater appreciation of necessity and the inevitable

27 I have had an experience that made me extremely happy and, at least temporarily, gave me a greater appreciation of richness.

- 28 I have had an experience that made me extremely happy and, at least temporarily, caused me to perceive the world and others in a more self-transcending manner.
- 29 I have had an experience that made me extremely happy and, at least temporarily, caused me to become disoriented in time.
- 30 I have never had an experience that made me extremely happy and, at least temporarily, made me more accepting of pain than I usually am.
- 31 I have had an experience that made me extremely happy and, at least temporarily, made me feel both proud and humble at the same time.
- 32 I have had an experience that made me extremely happy and, at least temporarily, removed many of my inhibitions.
- 33 I have never had an experience that made me extremely happy and, at least temporarily, helped me to transcend myself.
- 34 I have never had an experience that made me extremely happy and, at least temporarily, gave me a sense of obligation to do constructive things.
- 35 I have never had an experience that made me extremely happy and, at least temporarily, helped me to a greater appreciation of completion and closure than I had before.
- 36 I have had an experience that made me extremely happy and, at least temporarily, made me feel freer than I usually feel.
- 37 I have never had an experience that made me extremely happy and, at least temporarily, involved total listening.
- 38 I have never had an experience that made me extremely happy and, at least temporarily, gave my life new worth.
- 39 I have never had an experience that made me extremely happy and, at least temporarily, caused me to feel that the world is totally beautiful.
- 40 I have never had an experience that made me extremely happy and, at least temporarily, helped me to appreciate beauty to a greater degree than I usually do.
- 41 I have never had an experience that made me extremely happy and, at least temporarily, put me in a state of total visual concentration.

- 42 I have had an experience that made me extremely happy and, at least temporarily, produced greater integration and unity within my personality.
- 43 I have had an experience that made me extremely happy and, at least temporarily, made me very grateful for the privilege of having had it.
- 44 I have never had an experience that made me extremely happy and, at least temporarily, put me in a state of total concentration.
- 45 I have had an experience that made me extremely happy and, at least temporarily, made me feel as if I had everything. I could not think of anything else that I wanted.
- 46 I have had an experience that made me extremely happy and, at least temporarily, reduced my anxiety level greatly.
- 47 I have had an experience that made me extremely happy and, at least temporarily, helped me to appreciate wholeness, unity, and integration to a greater degree than I usually do.
- 48 I have never had an experience that made me extremely happy and, at least temporarily, led me to realize that there is a meaningfulness to the universe.
- 49 I have never had an experience that made me extremely happy and, at least temporarily, helped me to a greater appreciation of dichotomy-transcendence (seeing opposites as related).
- 50 I have never had an experience that made me extremely happy and, at least temporarily, caused me to view the world as totally desirable.
- 51 I have never had an experience that made me extremely happy and, at least temporarily, made me more passive toward the world than I usually am.
- 52 I have had an experience that made me extremely happy and, at least temporarily, caused me to believe that I could not be disappointed by anyone.
- 53 I have never had an experience that made me extremely happy and, at least temporarily, allowed me to view all things, important and unimportant, as nearly equal in significance.
- 54 I have never had an experience that made me extremely happy and, at least temporarily, made the conflicts of life seem to disappear.
- 55 I have had an experience that made me extremely happy and, at least temporarily, gave me great insight.

56 I have never had an experience that made me extremely happy and, at least temporarily, caused my perception of the world to become more object-centered (as opposed to self-centered) than usual.

57 I have never had an experience that made me extremely happy and, at least temporarily, caused me to view others and the world in a more impersonal manner than I usually do.

58 I have had an experience that made me extremely happy and, at least temporarily, caused me to feel that people are sacred.

59 I have had an experience that made me extremely happy and, at least temporarily, led me to accept everything.

60 I have never had an experience that made me extremely happy and, at least temporarily, helped me to a greater appreciation of perfection.

61 I have had an experience that made me extremely happy and, at least temporarily, allowed me to experience "unitive consciousness."

62 I have never had an experience that made me extremely happy and, at least temporarily, gave me a glimpse of the "ideal world" that lies behind this world.

63 I have had an experience that made me extremely happy and, at least temporarily, caused me to become disoriented in space.

64 I have had an experience that made me extremely happy and, at least temporarily, helped me to view the world in a more detached and objective manner.

65 I have had an experience that made me extremely happy and, at least temporarily, allowed me to see that individual consciousness is merely an aspect of a total transcending consciousness.

66 I have never had an experience that made me extremely happy and, at least temporarily, led me to believe that I could die with dignity.

67 I have had an experience that made me extremely happy and, at least temporarily, caused me to feel that I didn't even want to justify its worth.

68 I have had an experience that made me extremely happy and, at least temporarily, caused me to view the world and others in a more self-forgetful way.

69 I have had an experience that made me extremely happy and, at least temporarily, helped me to realize that I could never commit suicide.

I have had an experience that made me extremely happy and, at least temporarily, helped me to transcend or resolve dichotomies like beautiful versus ugly.