

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who *likes to spend time with others*? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly
1	2	3	4	5

I See Myself as Someone Who . . .

- | | |
|---|---|
| _____ 1. Is talkative | _____ 31. Worries a lot |
| _____ 2. Tends to find fault with others | _____ 32. Wants things to be simple and clear-cut |
| _____ 3. Does a thorough job | _____ 33. Is sometimes shy, inhibited |
| _____ 4. Has a wide range of interests | _____ 34. Has a forgiving nature |
| _____ 5. Is depressed, blue | _____ 35. Is idealistic, can be a dreamer |
| _____ 6. Is original, comes up with new ideas | _____ 36. Does things efficiently |
| _____ 7. Is reserved | _____ 37. Can be moody |
| _____ 8. Is helpful and unselfish with others | _____ 38. Is ingenious, a deep thinker |
| _____ 9. Prefers the conventional, traditional | _____ 39. Generates a lot of enthusiasm |
| _____ 10. Can be somewhat careless | _____ 40. Can be cold and aloof |
| _____ 11. Is relaxed, handles stress well | _____ 41. Enjoys thinking about complicated problems |
| _____ 12. Is curious about many different things | _____ 42. Makes plans and follows through with them |
| _____ 13. Is full of energy | _____ 43. Remains calm in tense situations |
| _____ 14. Prefers work that is routine and simple | _____ 44. Likes to reflect, play with ideas |
| _____ 15. Starts quarrels with others | _____ 45. Is considerate and kind to almost everyone |
| _____ 16. Is a reliable worker | _____ 46. Seeks adventure and excitement |
| _____ 17. Can be tense | _____ 47. Gets nervous easily |
| _____ 18. Is clever, sharp-witted | _____ 48. Is sophisticated in art, music, or literature |
| _____ 19. Tends to be quiet | _____ 49. Has an assertive personality |
| _____ 20. Values artistic, aesthetic experiences | _____ 50. Is insightful, sees different possibilities |
| _____ 21. Tends to be disorganized | _____ 51. Likes to cooperate with others |
| _____ 22. Is emotionally stable, not easily upset | _____ 52. Is easily distracted |
| _____ 23. Has an active imagination | _____ 53. Is outgoing, sociable |
| _____ 24. Perseveres until the task is finished | _____ 54. Has few artistic interests |
| _____ 25. Is sometimes rude to others | |
| _____ 26. Has unwavering self-confidence | |
| _____ 27. Is inventive | |
| _____ 28. Is generally trusting | |
| _____ 29. Tends to be lazy | |
| _____ 30. Is clear-thinking, intelligent | |