



**TWO MAJOR PROBLEMS  
TROUBLING YOU MOST**

1ST		2ND
1	Marital or Family	1
2	Job/School/Work	2
3	Loneliness	3
4	Moodiness	4
5	Self-Confidence	5
6	Ill/Tired	6
7	Alcohol	7
8	Drugs	8
9	Sexual Problems	9
10	Antisocial Behavior	10
11	Other	11

**YRS  
OF  
EDUC.**

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

**MARITAL STATUS**

- 1 Never Married
- 2 First Marriage
- 3 Remarried
- 4 Separated
- 5 Divorced
- 6 Widowed
- 7 Cohabiting
- 8 Other

**RACE**

- 1 White
- 2 Black
- 3 Hispanic
- 4 Asian
- 5 American Indian
- 6 Other

**TEST-TAKER INSTRUCTIONS:**

1. Fill in the circles that apply in each section. Do not complete the information on page 1 unless you are asked to.
2. Use a No. 2 pencil only, and fill in the circles with a heavy, dark mark.
3. If you want to change an answer, erase it carefully and then fill in your new choice.
4. Do not make any marks outside the circles.

**TEST DIRECTIONS:**

The following pages contain a list of statements that people use to describe themselves. They are printed here to help you in describing your feelings and attitudes. Try to be as honest and serious as you can in marking the statements.

Do not be concerned if a few statements seem unusual; they are included to describe people with many types of problems. If you agree with a statement or decide that it describes you, fill in the **T** to mark it True (**T** **F**). If you disagree with a statement or decide that it does not describe you, fill in the **F** to mark it False (**T** **F**). Try to mark every statement, even if you are not sure of your choice. If you have tried your best and still cannot decide, mark the **F** for False.

There is no time limit for completing the inventory, but it is best to work as rapidly as is comfortable for you.

This form will be scored by computer and the results will be kept confidential.

- 1 **T** **F** Lately, my strength seems to be draining out of me, even in the morning.
- 2 **T** **F** I think highly of rules because they are a good guide to follow.
- 3 **T** **F** I enjoy doing so many different things that I can't make up my mind what to do first.
- 4 **T** **F** I feel weak and tired much of the time.
- 5 **T** **F** I know I'm a superior person, so I don't care what people think.
- 6 **T** **F** People have never given me enough recognition for the things I've done.
- 7 **T** **F** If my family puts pressure on me, I'm likely to feel angry and resist doing what they want.
- 8 **T** **F** People make fun of me behind my back, talking about the way I act or look.
- 9 **T** **F** I often criticize people strongly if they annoy me.
- 10 **T** **F** What few feelings I seem to have I rarely show to the outside world.
- 11 **T** **F** I have a hard time keeping my balance when walking.
- 12 **T** **F** I show my feelings easily and quickly.
- 13 **T** **F** My drug habits have often gotten me into a good deal of trouble in the past.

- 14 **T** **F** Sometimes I can be pretty rough and mean in my relations with my family.
- 15 **T** **F** Things that are going well today won't last very long.
- 16 **T** **F** I am a very agreeable and submissive person.
- 17 **T** **F** As a teenager, I got into lots of trouble because of bad school behavior.
- 18 **T** **F** I'm afraid to get really close to another person because it may end up with my being ridiculed or shamed.
- 19 **T** **F** I seem to choose friends who end up mistreating me.
- 20 **T** **F** I've had sad thoughts much of my life since I was a child.
- 21 **T** **F** I like to flirt with members of the opposite sex.
- 22 **T** **F** I'm a very erratic person, changing my mind and feelings all the time.
- 23 **T** **F** Drinking alcohol has never caused me any real problems in my work.
- 24 **T** **F** I began to feel like a failure some years ago.
- 25 **T** **F** I feel guilty much of the time for no reason that I know.
- 26 **T** **F** Other people envy my abilities.
- 27 **T** **F** When I have a choice, I prefer to do things alone.
- 28 **T** **F** I think it's necessary to place strict controls on the behavior of members of my family.

- 29 **T** **F** People usually think of me as a reserved and serious-minded person.
- 30 **T** **F** Lately, I have begun to feel like smashing things.
- 31 **T** **F** I think I'm a special person who deserves special attention from others.
- 32 **T** **F** I am always looking to make new friends and meet new people.
- 33 **T** **F** If someone criticized me for making a mistake, I would quickly point out some of that person's mistakes.
- 34 **T** **F** Lately, I have gone all to pieces.
- 35 **T** **F** I often give up doing things because I'm afraid I won't do them well.
- 36 **T** **F** I often let my angry feelings out and then feel terribly guilty about it.
- 37 **T** **F** I very often lose my ability to feel any sensations in parts of my body.
- 38 **T** **F** I do what I want without worrying about its effect on others.
- 39 **T** **F** Taking so-called illegal drugs may be unwise, but in the past I found I needed them.
- 40 **T** **F** I guess I'm a fearful and inhibited person.
- 41 **T** **F** I've done a number of stupid things on impulse that ended up causing me great trouble.

- 42 (T F) I never forgive an insult or forget an embarrassment that someone caused me.
- 43 (T F) I often feel sad or tense right after something good has happened to me.
- 44 (T F) I feel terribly depressed and sad much of the time now.
- 45 (T F) I always try hard to please others, even when I dislike them.
- 46 (T F) I've always had less interest in sex than most people do.
- 47 (T F) I tend to always blame myself when things go wrong.
- 48 (T F) A long time ago, I decided it's best to have little to do with people.
- 49 (T F) Since I was a child, I have always had to watch out for people who were trying to cheat me.
- 50 (T F) I strongly resent "big shots" who always think they can do things better than I can.
- 51 (T F) When things get boring, I like to stir up some excitement.
- 52 (T F) I have an alcohol problem that has made difficulties for me and my family.
- 53 (T F) Punishment never stopped me from doing what I wanted.
- 54 (T F) There are many times, when for no reason, I feel very cheerful and full of excitement.
- 55 (T F) In recent weeks I feel worn out for no special reason.
- 56 (T F) For some time now I've been feeling very guilty because I can't do things right anymore.
- 57 (T F) I think I am a very sociable and outgoing person.
- 58 (T F) I've become very jumpy in the last few weeks.
- 59 (T F) I keep very close track of my money so I am prepared if a need comes up.
- 60 (T F) I just haven't had the luck in life that others have had.
- 61 (T F) Ideas keep turning over and over in my mind and they won't go away.
- 62 (T F) I've become quite discouraged and sad about life in the past year or two.
- 63 (T F) Many people have been spying into my private life for years.
- 64 (T F) I don't know why, but I sometimes say cruel things just to make others unhappy.
- 65 (T F) I flew across the Atlantic 30 times last year.
- 66 (T F) My habit of abusing drugs has caused me to miss work in the past.
- 67 (T F) I have many ideas that are ahead of the times.
- 68 (T F) Lately, I have to think things over and over again for no good reason.
- 69 (T F) I avoid most social situations because I expect people to criticize or reject me.
- 70 (T F) I often think that I don't deserve the good things that happen to me.
- 71 (T F) When I'm alone, I often feel the strong presence of someone nearby who can't be seen.
- 72 (T F) I feel pretty aimless and don't know where I'm going in life.
- 73 (T F) I often allow others to make important decisions for me.
- 74 (T F) I can't seem to sleep, and wake up just as tired as when I went to bed.
- 75 (T F) Lately, I've been sweating a great deal and feel very tense.
- 76 (T F) I keep having strange thoughts that I wish I could get rid of.
- 77 (T F) I have a great deal of trouble trying to control an impulse to drink to excess.
- 78 (T F) Even when I'm awake, I don't seem to notice people who are near me.
- 79 (T F) I am often cross and grouchy.
- 80 (T F) It is very easy for me to make many friends.
- 81 (T F) I'm ashamed of some of the abuses I suffered when I was young.
- 82 (T F) I always make sure that my work is well planned and organized.
- 83 (T F) My moods seem to change a great deal from one day to the next.
- 84 (T F) I'm too unsure of myself to risk trying something new.
- 85 (T F) I don't blame anyone who takes advantage of someone who allows it.
- 86 (T F) For some time now I've been feeling sad and blue and can't seem to snap out of it.
- 87 (T F) I often get angry with people who do things slowly.
- 88 (T F) I never sit on the sidelines when I'm at a party.
- 89 (T F) I watch my family closely so I'll know who can and who can't be trusted.
- 90 (T F) I sometimes get confused and feel upset when people are kind to me.
- 91 (T F) My use of so-called illegal drugs has led to family arguments.
- 92 (T F) I'm alone most of the time and I prefer it that way.
- 93 (T F) There are members of my family who say I'm selfish and think only of myself.
- 94 (T F) People can easily change my ideas, even if I thought my mind was made up.
- 95 (T F) I often make people angry by bossing them.
- 96 (T F) People have said in the past that I became too interested and too excited about too many things.
- 97 (T F) I believe in the saying, "early to bed and early to rise . . ."
- 98 (T F) My feelings toward important people in my life often swing from loving them to hating them.
- 99 (T F) In social groups I am almost always very self-conscious and tense.
- 100 (T F) I guess I'm no different from my parents in becoming somewhat of an alcoholic.
- 101 (T F) I guess I don't take many of my family responsibilities as seriously as I should.
- 102 (T F) Ever since I was a child, I have been losing touch with the real world.
- 103 (T F) Sneaky people often try to get the credit for things I have done or thought of.
- 104 (T F) I can't experience much pleasure because I don't feel I deserve it.
- 105 (T F) I have little desire for close friendships.
- 106 (T F) I've had many periods in my life when I was so cheerful and used up so much energy that I fell into a low mood.
- 107 (T F) I have completely lost my appetite and have trouble sleeping most nights.
- 108 (T F) I worry a great deal about being left alone and having to take care of myself.
- 109 (T F) The memory of a very upsetting experience in my past keeps coming back to haunt my thoughts.
- 110 (T F) I was on the front cover of several magazines last year.

