

TWO MAJOR PROBLEMS TROUBLING YOU MOST		
1 ST		2 ND
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

YEARS OF EDUC.	
①	①
①	①
②	②
	③
	④
	⑤
	⑥
	⑦
	⑧
	⑨

1. Fill in the circles that apply in each section. Do not complete the on page 1 unless you are asked to.
2. Use 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 INSTRUCTIONS:

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 (● F). If you disagree with a statement or decide that it does not describe you, fill in the F to mark it False (T ●). 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.

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

1 <input type="radio"/> T <input type="radio"/> F Lately, my strength seems to be draining out of me even in the morning.	14 <input type="radio"/> T <input type="radio"/> F Sometimes I can be pretty rough and mean in my relations with my family.	29 <input type="radio"/> T <input type="radio"/> F People usually think of me as a reserved and serious-minded person.
2 <input type="radio"/> T <input type="radio"/> F I think highly of rules because they are a good guide to follow.	15 <input type="radio"/> T <input type="radio"/> F Things that are going well today won't last very long.	30 <input type="radio"/> T <input type="radio"/> F Lately, I have begun to feel like smashing things.
3 <input type="radio"/> T <input type="radio"/> F I enjoy doing so many different things that I can't make up my mind what to do first.	16 <input type="radio"/> T <input type="radio"/> F I am a very agreeable and submissive person.	31 <input type="radio"/> T <input type="radio"/> F I think I'm a special person who deserves special attention from others.
4 <input type="radio"/> T <input type="radio"/> F I feel weak and tired much of the time.	17 <input type="radio"/> T <input type="radio"/> F As a teenager, I got into lots of trouble because of bad school behavior.	32 <input type="radio"/> T <input type="radio"/> F I am always looking to make new friends and meet new people.
5 <input type="radio"/> T <input type="radio"/> F I know I'm a superior person, so I don't care what people think.	18 <input type="radio"/> T <input type="radio"/> F I'm afraid to get really close to another person because it may end up with my being ridiculed or shamed.	33 <input type="radio"/> T <input type="radio"/> F If someone criticized me for making a mistake, I would quickly point out some of that person's mistakes.
6 <input type="radio"/> T <input type="radio"/> F People have never given me enough recognition for the things I've done.	19 <input type="radio"/> T <input type="radio"/> F I seem to choose friends who end up mistreating me.	34 <input type="radio"/> T <input type="radio"/> F Lately, I have gone all to pieces.
7 <input type="radio"/> T <input type="radio"/> F If my family puts pressure on me, I'm likely to feel angry and resist doing what they want.	20 <input type="radio"/> T <input type="radio"/> F I've had sad thoughts much of my life since I was a child.	35 <input type="radio"/> T <input type="radio"/> F I often give up doing things because I'm afraid I won't do them well.
8 <input type="radio"/> T <input type="radio"/> F People make fun of me behind my back, talking about the way I act or look.	21 <input type="radio"/> T <input type="radio"/> F I like to flirt with members of the opposite sex.	36 <input type="radio"/> T <input type="radio"/> F I often let my angry feelings out and then feel terribly guilty about it.
9 <input type="radio"/> T <input type="radio"/> F I often criticize people strongly if they annoy me.	22 <input type="radio"/> T <input type="radio"/> F I'm a very erratic person, changing my mind and feelings all the time.	37 <input type="radio"/> T <input type="radio"/> F I very often lose my ability to feel any sensations in parts of my body.
10 <input type="radio"/> T <input type="radio"/> F What few feelings I seem to have I rarely show to the outside world.	23 <input type="radio"/> T <input type="radio"/> F Drinking alcohol has never caused me any real problems in my work.	38 <input type="radio"/> T <input type="radio"/> F I do what I want without worrying about its effects on others.
11 <input type="radio"/> T <input type="radio"/> F I have a hard time keeping my balance when walking.	24 <input type="radio"/> T <input type="radio"/> F I began to feel like a failure some years ago.	39 <input type="radio"/> T <input type="radio"/> F Taking so-called illegal drugs may be unwise, but in the past I found I needed them.
12 <input type="radio"/> T <input type="radio"/> F I show my feelings easily and quickly.	25 <input type="radio"/> T <input type="radio"/> F I feel guilty much of the time for no reason that I know.	40 <input type="radio"/> T <input type="radio"/> F I guess I'm a fearful and inhibited person.
13 <input type="radio"/> T <input type="radio"/> F My drug habits have often gotten me into a good deal of trouble in the past.	26 <input type="radio"/> T <input type="radio"/> F Other people envy my abilities.	41 <input type="radio"/> T <input type="radio"/> F I've done a number of stupid things on impulse that ended up causing me great trouble.
	27 <input type="radio"/> T <input type="radio"/> F When I have a choice, I prefer to do things alone.	
	28 <input type="radio"/> T <input type="radio"/> F A think it's necessary to place strict controls on the behavior of members of my family.	

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

111	Ⓟ Ⓡ	I seem to have lost interest in most things that I used to find pleasurable, such as sex.	133	Ⓟ Ⓡ	Even in good times, I've always been afraid that things would soon go bad.	158	Ⓟ Ⓡ	I get very tense with people I don't know well because they may want to harm me.
112	Ⓟ Ⓡ	I have been downhearted and sad much of my life since I was quite young.	134	Ⓟ Ⓡ	I sometimes feel crazy-like or unreal when things start to go badly in my life.	159	Ⓟ Ⓡ	Someone would have to be pretty exceptional to understand my special abilities.
113	Ⓟ Ⓡ	I've gotten into trouble with the law a couple of times.	135	Ⓟ Ⓡ	Being alone, without the help of someone close to depend on, really frightens me.	160	Ⓟ Ⓡ	My current life is still upset by flashbacks of something terrible that happened to me.
114	Ⓟ Ⓡ	A good way to avoid mistakes is to have a routine for doing things.	136	Ⓟ Ⓡ	I know I've spent more money than I should buying illegal drugs.	161	Ⓟ Ⓡ	I seem to create situations with others in which I get hurt or feel rejected.
115	Ⓟ Ⓡ	Other people often blame me for things I didn't do.	137	Ⓟ Ⓡ	I always see to it that my work is finished before taking time out for leisure activities.	162	Ⓟ Ⓡ	I often get lost in my thoughts and forget what's going on around me.
116	Ⓟ Ⓡ	I have had to be really rough with some people to keep them in line.	138	Ⓟ Ⓡ	A can tell that people are talking about me when I pass by them.	163	Ⓟ Ⓡ	People say I'm a thin person, but I feel that my thighs and backside are much too big.
117	Ⓟ Ⓡ	People think I sometimes talk about strange or different things than they do.	139	Ⓟ Ⓡ	I'm very good at making up excuses when I get into trouble.	164	Ⓟ Ⓡ	There are terrible events from my past that come back repeatedly to haunt my thoughts and dreams.
118	Ⓟ Ⓡ	There have been times when I couldn't get through the day without some street drugs.	140	Ⓟ Ⓡ	I believe I'm being plotted against.	165	Ⓟ Ⓡ	Other than my family, I have no close friends.
119	Ⓟ Ⓡ	People are trying to make me believe that I'm crazy.	141	Ⓟ Ⓡ	I feel that most people think poorly of me.	166	Ⓟ Ⓡ	I act quickly much of the time and don't think things through as I should.
120	Ⓟ Ⓡ	I'll do something desperate to prevent a person I love from abandoning me.	142	Ⓟ Ⓡ	I frequently feel there's nothing inside me, like I'm empty and hollow.	167	Ⓟ Ⓡ	I take great care to keep my life a private matter so no one can take advantage of me.
121	Ⓟ Ⓡ	I go on eating binges a couple of times a week.	143	Ⓟ Ⓡ	I sometimes force myself to vomit after eating.	168	Ⓟ Ⓡ	I very often hear things so well that it bothers me.
122	Ⓟ Ⓡ	I seem to make a mess of good opportunities that come my way.	144	Ⓟ Ⓡ	I guess I go out of my way to encourage people to admire the things I say or do.	169	Ⓟ Ⓡ	I'm always willing to give in to others in a disagreement because I fear their anger or rejection.
123	Ⓟ Ⓡ	I've always had a hard time stopping myself from feeling blue and unhappy.	145	Ⓟ Ⓡ	I spend my life worrying over one thing or another.	170	Ⓟ Ⓡ	I repeat certain behaviors again and again, sometimes to reduce my anxiety and sometimes to stop something bad from happening.
124	Ⓟ Ⓡ	When I'm alone and away from home, I often begin to feel tense and panicky.	146	Ⓟ Ⓡ	I always wonder what the real reason is when someone is acting especially nice to me.	171	Ⓟ Ⓡ	I have given serious thought recently to doing away with myself.
125	Ⓟ Ⓡ	People sometimes get annoyed with me because they say I talk too much or too fast for them.	147	Ⓟ Ⓡ	There are certain thoughts that keep coming back again and again in my mind.	172	Ⓟ Ⓡ	People tell me that I'm a very proper and moral person.
126	Ⓟ Ⓡ	Most successful people today have been either lucky or dishonest.	148	Ⓟ Ⓡ	Few things in life gives me pleasure	173	Ⓟ Ⓡ	I still feel terrified when I think of a traumatic experience I had years ago.
127	Ⓟ Ⓡ	I won't get involved with people unless I'm sure they'll like me.	149	Ⓟ Ⓡ	I feel shaky and have difficulty falling asleep because painful memories of a past event keep running through my mind.	174	Ⓟ Ⓡ	Although I'm afraid to make friendships, I wish I had more than I do.
128	Ⓟ Ⓡ	I feel deeply depressed for no reason I can figure out.	150	Ⓟ Ⓡ	Looking ahead as each day begins make me feel terribly depressed.	175	Ⓟ Ⓡ	There are people who are supposed to be my friends who would like to do me harm.
129	Ⓟ Ⓡ	Years later I still have nightmares about an event that was a real threat to my life.	151	Ⓟ Ⓡ	I've never been able to shake the feelings that I'm worthless to others.			
130	Ⓟ Ⓡ	I don't have the energy to concentrate on my everyday responsibilities anymore.	152	Ⓟ Ⓡ	I have a drinking problem that I've tried unsuccessfully to end.			
131	Ⓟ Ⓡ	Drinking alcohol helps when I'm feeling down.	153	Ⓟ Ⓡ	Someone has been trying to control my mind.			
132	Ⓟ Ⓡ	I hate to think about some of the ways I was abused as a child.	154	Ⓟ Ⓡ	I have tried to commit suicide.			
			155	Ⓟ Ⓡ	I'm willing to starve myself to be even thinner than I am.			
			156	Ⓟ Ⓡ	I don't understand why some people smile at me.			
			157	Ⓟ Ⓡ	I have not seen a car in the last ten years.			

