

How I Describe Myself

The following are statements which a person might use to describe himself or herself. Read each statement and decide whether or not it describes you. If you agree with a statement or decide that it does describe you, circle "yes." If you disagree with a statement or feel that it does not describe you, circle "no."

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| 1. It is sometimes hard for me to go on with my work if I am not encouraged. | Yes | No |
| 2. I sometimes feel resentful when I don't get my way. | Yes | No |
| 3. On a few occasions, I have given up doing something because I thought too little of my ability. | Yes | No |
| 4. There have been times when I felt like rebelling against people in authority even though I knew they were right. | Yes | No |
| 5. No matter who I'm talking to, I'm always a good listener. | Yes | No |
| 6. There have been occasions when I took advantage of someone. | Yes | No |
| 7. I'm always willing to admit it when I make a mistake. | Yes | No |
| 8. I sometimes try to get even, rather than forgive and forget. | Yes | No |
| 9. I am always courteous, even to people who are disagreeable. | Yes | No |
| 10. I have never been irked when people expressed ideas very different from my own. | Yes | No |
| 11. There have been times when I was quite jealous of the good fortune of others. | Yes | No |
| 12. I am sometimes irritated by people who ask favors of me. | Yes | No |
| 13. I have never deliberately said something that hurt someone's feelings. | Yes | No |