



16PF[®] Assessa Questionnaire

Raymond B. Cattell
A. Karen S. Cattell
Heather E.P. Cattell

This questionnaire is only for use with 16PF Scanna[®]

Version 1.0
January 2015

opp
unlocking potential



Copyright © 1993, 2011, 2013, 2014 OPP Limited (OPP) and Institute for Personality and Ability Testing, Inc. (IPAT). All rights reserved.

®16PF is a registered trademark of IPAT in the USA, the European Community and other countries, including the Philippines. IPAT is a wholly owned subsidiary of OPP.

The 16PF logo is a trademark of IPAT.

®16PF Assessa is a registered trademark of OPP in the Philippines.

®OPP is a registered trademark of OPP.

The OPP logo is a trademark of OPP.

No portion of this publication may be translated or reproduced in whole or in part, stored in a retrieval system, or transmitted in any form or by any means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission of the copyright owner. This publication may not be resold, rented, lent, leased, exchanged, given or otherwise disposed of to third parties. Neither the purchaser nor any individual test user employed by or otherwise contracted to the purchaser may act as agent, distribution channel or supplier for this publication.

How to complete the questionnaire

This questionnaire is designed to find out what sort of person you are. It asks about various subjects, such as your attitudes to other people, what you like doing, and how you would feel in particular situations.

For each question, read the statement and choose which of the answers best describes you. You should fill in the circle next to your chosen answer. There is no one answer that is 'correct', and no option that is 'incorrect'; just answer what is most true for you.

Read the two example questions below and think about how you would answer them.

Example questions:

X. I often like to watch team games.

- a.** true
- b.** ?
- c.** false

Y. I prefer friends who are:

- a.** quiet.
- b.** ?
- c.** lively.

When completing the questionnaire, do not spend too much time thinking over any one question. Give the first, natural answer that comes to you.

Try to mark either the 'a' or 'c' answer. Note that the middle answer is often a question mark. Only mark this answer when neither 'a' nor 'c' is better for you.

Answer every question in order. Don't skip any.

When you mark your answer to a question, please use a pencil to fill in the appropriate circle on the answer sheet. Please do not make any marks outside the circles.

If you want to change an answer, rub it out with an eraser and mark the correct answer instead.

There are two parts to the questionnaire. After completing Part 1, please go straight on to Part 2. You must complete both parts.

At the end of Part 1 of the questionnaire, you will notice some questions that are different. These are designed as problem-solving tasks. Each has **only one** correct answer. If you are not sure of the answer to any of these questions, choose your best estimate.

Please ask now if anything is unclear.

Please do not write on the question booklets. If you need to make any notes, use the blank sheet of paper provided. There should be no talking from now on. **You may now turn the page and begin.**

Data collection policy

Data collection in relation to completion of 16PF® Fifth Edition Questionnaire, 16PF Psychological Risk Questionnaire®, 16PF Mental Health Questionnaire, 16PF® Assessa Questionnaire and other 16PF questionnaires (the 16PF Questionnaires)

By completing this answer sheet, you agree that the data you give, which includes personal and sensitive data (as defined by the UK Data Protection Act) be used by the OPP Group for research purposes, which will help to improve future versions of this questionnaire.

No individual will be identified or identifiable in any research findings or results created from such data since the data we use for research purposes is anonymised.

If you do not want your data to be used in this way, please do not complete this questionnaire.

All personal data we collect, whether for the purposes of research or through completion of our psychometric instrument questionnaires generally, is handled by the OPP Group in accordance with the Data Protection Act 1998. By providing us with personal data, you consent to transfer of such personal data outside the Philippines to the OPP Group in the UK for scoring and reporting, and to transfer by the OPP Group from the UK to the Philippines, for evaluation by a psychologist or psychometrician as part of the Overseas Foreign Workers (OFW) programme.

Please view our Privacy Policy and our Data Protection Statement <http://www.opp.com/en/about-opp/legalnotices> for more information on how we handle data including how we collect, store and use personal data and sensitive personal data.

Further, as part of the OFW programme, you consent to transfer by the OPP Group of data collated from completion of the 16PF Questionnaires in aggregated and anonymised form to the Philippines Department of Health.

Part 1

1. I'd enjoy more being a counselor more than being an architect.
- a. true
 - b. ?
 - c. false

2. I believe more in.
- a. being properly serious in everyday life;
 - b. ?
 - c. the saying "laugh and be merry" most of the time.

3. I usually enjoy spending time talking with friends about social events or parties.
- a. true
 - b. ?
 - c. false

4. In joining a new group, I usually seem to fit in right away.
- a. true
 - b. ?
 - c. false

5. There's usually a big difference between what people say they'll do and what they actually do.
- a. true
 - b. ?
 - c. false

6. My friends think I'm slightly absent-minded and not always practical.
- a. true
 - b. ?
 - c. false

7. A lot of people will "stab you in the back" in order to get ahead themselves.
- a. true
 - b. ?
 - c. false

8. I get into trouble because I sometimes pursue my own ideas without talking them over with the people involved.
- a. true
 - b. ?
 - c. false

9. I find it easy to talk about my life, even about things that others might consider quite personal.
- a. true
 - b. ?
 - c. false

10. I am willing to help people.
- a. always
 - b. ?
 - c. sometimes

11. I prefer to:
- a. talk about my problems with my friends;
 - b. ?
 - c. keep them to myself.

12. I tend to be too sensitive and worry too much about something I've done.
- a. hardly ever
 - b. ?
 - c. often

13. I'd prefer to deal with people who are:
- a. conventional and polite in what they say;
 - b. ?
 - c. direct and speak up about problems they see.

14. If people act as if they dislike me:
- a. it doesn't upset me;
 - b. ?
 - c. I usually feel hurt.

15. If I had to cook or build something, I'd follow the directions exactly.
- a. true, why take chances
 - b. ?
 - c. false, I'd probably try to make it more interesting

16. I feel that:
- a. some jobs just don't have to be done as carefully as others;
 - b. ?
 - c. any job should be done thoroughly if you do it at all.

17. I usually like to do my planning alone, without interruptions and suggestions from others.
- a. true.
 - b. ?
 - c. false.

18. It's hard to be patient when people criticize me.
- a. true
 - b. ?
 - c. false

19. If my carefully made plans have to be changed because of other people:
- a. it annoys me;
 - b. ?
 - c. I'm happy to change plans.

20. I would rather be:
- a. in a business office, organizing and seeing people;
 - b. ?
 - c. an architect, drawing plans in a quiet room.

- 21.** When one small thing after another goes wrong, I:
- a.** feel as though I can't cope;
 - b.** ?
 - c.** just go on as usual.

- 22.** In a situation where I'm in charge, I feel comfortable giving people directions.
- a.** true
 - b.** ?
 - c.** false

- 23.** I'd prefer to spend an evening:
- a.** working on a quiet hobby;
 - b.** ?
 - c.** at a lively party.

- 24.** I value respect for rules and good manners more than easy living.
- a.** true
 - b.** ?
 - c.** false

- 25.** I am shy and cautious about making friends with new people.
- a.** true
 - b.** ?
 - c.** false

- 26.** If I could, I would rather exercise by:
- a.** fencing or dancing;
 - b.** ?
 - c.** wrestling or baseball.

- 27.** It would be more interesting to be a musician than a mechanic.
- a.** true
 - b.** ?
 - c.** false

- 28.** People form opinions about me too quickly.
- a.** hardly ever
 - b.** ?
 - c.** often

- 29.** I'm the type of person who:
- a.** is always doing practical things that need to be done;
 - b.** ?
 - c.** daydreams and thinks up things on my own.

- 30.** My thoughts tend to be about sensible, down-to-earth things.
- a.** true
 - b.** ?
 - c.** false

- 31.** I tend to be reserved and keep my problems to myself.
- a.** true
 - b.** ?
 - c.** false

- 32.** After I make up my mind about something, I still keep thinking about whether it's right or wrong.
- a.** usually true
 - b.** ?
 - c.** usually false

- 33.** I don't really like people who are "different" or unusual.
- a.** true, I usually don't
 - b.** ?
 - c.** false, I usually find them interesting

- 34.** I'm more interested in:
- a.** seeking personal meaning in life;
 - b.** ?
 - c.** a secure job that pays well.

- 35.** When people get angry at each other, it usually bothers me more than most people.
- a.** true
 - b.** ?
 - c.** false

- 36.** I prefer games where:
- a.** you're on a team or have a partner;
 - b.** ?
 - c.** people are on their own.

- 37.** I frequently have periods where it's hard to stop a mood of self-pity.
- a.** true
 - b.** ?
 - c.** false

- 38.** The best hours of the day are usually when I'm alone with my own thoughts and projects.
- a.** true
 - b.** ?
 - c.** false

- 39.** I always keep my belongings in tip-top shape.
- a.** true
 - b.** ?
 - c.** false

- 40.** Sometimes I get frustrated with people too quickly.
- a.** true
 - b.** ?
 - c.** false

41. If people are doing something wrong, I usually tell them what I think.
a. true
b. ?
c. false

42. I feel that my emotional needs are:
a. not too satisfied;
b. ?
c. well satisfied.

43. I tend to get embarrassed if I suddenly become the center of attention in a social group.
a. true
b. ?
c. false

44. I get annoyed when people insist that I follow every single minor safety rule.
a. true, it's not always necessary
b. ?
c. false, it's important to do things right

45. Starting conversations with strangers:
a. never gives me any trouble;
b. ?
c. is hard for me.

46. If I worked on a newspaper, I'd rather deal with:
a. movie or book reviews;
b. ?
c. sports or politics.

47. I let little things upset me more than they should.
a. sometimes
b. ?
c. rarely

48. It's wise to be on guard against smooth talkers because they might take advantage of you.
a. true
b. ?
c. false

49. I'd rather stop in the street to watch an artist painting than a building being constructed.
a. true
b. ?
c. false

50. People are lazy on a job if they can get away with it.
a. hardly ever
b. ?
c. often

51. I pay more attention to:
a. the practical things around me
b. ?
c. thoughts and imagination

52. When people criticize me in front of others, I feel very downhearted and hurt.
a. hardly ever
b. ?
c. often

53. I find people more interesting if their views are different from most people's.
a. true
b. ?
c. false

54. In dealing with people it's better to:
a. "put all your cards on the table";
b. ?
c. "play your hand close to your chest."

55. I get things done better working alone rather than working with a committee.
a. true
b. ?
c. false

56. I don't usually mind if my room is messy.
a. true
b. ?
c. false

57. Even when someone is slow to understand what I'm explaining, it's easy for me to be patient.
a. true
b. ?
c. false, it's hard to be patient

58. I'm somewhat of a perfectionist and like to have things done just right.
a. true
b. ?
c. false

59. I enjoy people who show their emotions openly.
a. true
b. ?
c. false

60. I don't let myself get depressed over little things.
a. true
b. ?
c. false

61. In helping with a useful invention, I'd prefer:

- a.** working on it in a laboratory;
- b.** ?
- c.** showing people how to use it.

62. If being polite and pleasant doesn't work, I can be tough and sharp if I need to.

- a.** true
- b.** ?
- c.** false

63. I like to go out to shows or entertainment often.

- a.** true
- b.** ?
- c.** false

64. I feel dissatisfied with myself.

- a.** sometimes
- b.** ?
- c.** rarely

65. People think of me as a happy-go-lucky, carefree person.

- a.** true
- b.** ?
- c.** false

66. Teachers, ministers, and others spend too much time trying to stop us from doing what we want to do.

- a.** true
- b.** ?
- c.** false

67. If people are frank and open, others try to get the better of them.

- a.** hardly ever
- b.** ?
- c.** often

68. I'm always interested in mechanical things and am pretty good at fixing them.

- a.** true
- b.** ?
- c.** false

69. Sometimes I get so lost in my thoughts that, unless I watch out, I misplace things, have small mishaps, or lose track of time.

- a.** true
- b.** ?
- c.** false

70. People often say that my ideas are realistic and practical.

- a.** true
- b.** ?
- c.** false

71. I make smart, sarcastic remarks to people if I think they deserve it.

- a.** sometimes
- b.** ?
- c.** never

72. Sometimes I feel as if I've done something wrong, even though I really haven't.

- a.** true
- b.** ?
- c.** false

73. I talk about my feelings:

- a.** readily when people seem interested;
- b.** ?
- c.** only if I can't avoid it.

74. I think about things that I should have said, but didn't.

- a.** hardly ever.
- b.** ?
- c.** often.

75. I'd rather spend a free evening:

- a.** reading or working alone on a project;
- b.** ?
- c.** working on a task with friends.

76. If there is a chore to do, I'm more likely to:

- a.** put it off until it needs to be done;
- b.** ?
- c.** get started on it right away.

77. I prefer to eat lunch:

- a.** with a group of people;
- b.** ?
- c.** by myself.

78. I am patient with people, even when they aren't polite and considerate of my feelings.

- a.** true
- b.** ?
- c.** false

79. When I do something, I usually take time to think of everything I'll need for the job first.

- a.** true
- b.** ?
- c.** false

80. I get frustrated when people take too long to explain something.

- a.** true
- b.** ?
- c.** false

81. I usually go to bed at night feeling satisfied with how my day went.
a. true
b. ?
c. false

82. For a pleasant hobby, I'd prefer:
a. building or making something;
b. ?
c. working with a community service group.

83. I believe in complaining if I receive bad service or poor food in a restaurant.
a. true
b. ?
c. false

84. I have more ups and downs in mood than most people I know.
a. usually true
b. ?
c. usually false.

85. When others don't see things my way, I can usually get them to come around.
a. true
b. ?
c. false

86. I think that being free to do what I want is more important than good manners and respect for rules.
a. true
b. ?
c. false

87. I love to make people laugh with witty stories.
a. true
b. ?
c. false

88. If a person is clever enough to get around the rules without seeming to break them, he or she should:
a. do it if there is a special reason;
b. ?
c. not do it.

89. I'm usually the one who takes the first step in making new friends.
a. true
b. ?
c. false

90. I prefer reading rough and realistic action stories more than sensitive, imaginative novels.
a. true
b. ?
c. false

91. In school I preferred (or prefer) math more than English.
a. true
b. ?
c. false

92. Many people are too fussy and sensitive and should toughen up for their own good.
a. true
b. ?
c. false

93. If someone asks me a question that is too personal, I carefully try to avoid answering.
a. usually true
b. ?
c. usually false

94. When asked to do volunteer work, I say I'm too busy.
a. sometimes
b. ?
c. rarely

95. More trouble arises from people:
a. questioning and changing methods that are already satisfactory;
b. ?
c. turning down promising, new approaches.

96. I'm very careful when it comes to choosing someone to really "open up" with.
a. true
b. ?
c. false

97. I most enjoy a meal if it consists of familiar, everyday foods rather than new, unusual foods.
a. true
b. ?
c. false

98. I take advantage of people.
a. sometimes
b. ?
c. never

99. I like to plan ahead so that I don't waste time between tasks.
a. rarely
b. ?
c. often

100. When I'm feeling tense, even small things get on my nerves.
a. true
b. ?
c. false

101. In building or making something, I would rather work:

- a. with others;
- b. ?
- c. on my own.

102. I enjoy more listening to people talk about their personal feelings than about other things.

- a. true
- b. ?
- c. false

103. There are times when I don't feel in the right mood to see anyone.

- a. very rarely
- b. ?
- c. quite often

104. In a business it would be more interesting to be in charge of:

- a. machinery or keeping records;
- b. ?
- c. talking to and hiring new people.

105. In my everyday life, I hardly ever meet problems that I can't cope with.

- a. true, I can cope easily
- b. ?
- c. false

106. If I notice that another person's line of reasoning is wrong, I usually:

- a. point it out;
- b. ?
- c. let it pass.

107. I greatly enjoy inviting guests over and amusing them.

- a. true
- b. ?
- c. false

108. I enjoy having some competition in the things I do.

- a. true
- b. ?
- c. false

109. Most rules are made to be broken when there are good reasons for it.

- a. true
- b. ?
- c. false

110. I find it hard to speak in front of a large group.

- a. true, I usually find it very hard
- b. ?
- c. false, it doesn't bother me.

111. In making a decision, I always think carefully about what's right and proper.

- a. true
- b. ?
- c. false

112. In social groups I tend to feel shy and unsure of myself.

- a. true
- b. ?
- c. false

113. Which word does not belong with the other two?

- a. cat
- b. near
- c. sun

114. The opposite of "right" is the opposite of:

- a. left
- b. wrong
- c. correct

115. The opposite of the opposite of "inexact" is:

- a. casual
- b. accurate
- c. rough

116. Which number should come next at the end of the series: 1, 4, 9, 16?

- a. 20
- b. 25
- c. 32

117. Which should come next at the end of this row of letters: A, B, D, G?

- a. H
- b. K
- c. J

118. Which should come next at the end of this row of letters: E, I, L?

- a. M
- b. N
- c. P

119. Which should come next at the end of this series of numbers: 1, 2, 0, 3, -1?

- a. 5
- b. 4
- c. -3

Part 2

120. I get restless and depressed if I don't get some excitement.

- a.** often
- b.** sometimes
- c.** never

121. For me, it is important to be:

- a.** comfortable, safe, content;
- b.** in between;
- c.** adventurous, risk-taking, thrilled.

122. I feel lonely and miserable.

- a.** yes, all the time
- b.** sometimes
- c.** no, hardly ever

123. I don't mind if people joke about me and say I'm "quite a character."

- a.** true, I don't mind
- b.** uncertain
- c.** false, I do mind

124. I get so fed up with people bothering me that I just don't care whether I answer them or not.

- a.** often
- b.** sometimes
- c.** almost never

125. I wonder if I have the strength to meet life's challenges.

- a.** often
- b.** sometimes
- c.** rarely

126. For me, there doesn't seem to be much in life that's really worth doing.

- a.** true, there's little worth living for
- b.** in between
- c.** false, I enjoy life

127. I am confident that I can face and handle most emergencies that come up.

- a.** true, always
- b.** sometimes
- c.** false, I cannot face emergencies

128. When I wake up in the morning, I just don't have enough energy to start the day.

- a.** true, I don't
- b.** perhaps
- c.** false, I do

129. I have fears that no one really loves me.

- a.** often
- b.** once in a while
- c.** not at all

130. When I've done something well, I've met more friendly encouragement than jealousy or envy.

- a.** true, I've felt encouraged
- b.** in between
- c.** false

131. Criticism easily hurts my feelings and makes me give up.

- a.** often
- b.** sometimes
- c.** never

132. At times strange, sudden feelings – like wanting to smash a mirror – seem to take hold of me.

- a.** true, often
- b.** only occasionally
- c.** no, never

133. Some simple, unimportant ideas or words run through my mind on and off for days.

- a.** often
- b.** once in a while
- c.** very rarely

134. Sometimes I feel that my nerves are going to pieces.

- a.** true
- b.** uncertain
- c.** false

135. I almost never feel sick and disgusted with my life.

- a.** true, I almost never feel like that
- b.** in between
- c.** false, I often feel like that

136. I feel discontented unless I can find some daring thing to do.

- a.** yes
- b.** uncertain
- c.** no

137. I get a feeling of tension and have a ringing or buzzing in my ears.

- a.** yes, often
- b.** sometimes
- c.** no, almost never

138. I feel life is so pointless and silly that I no longer even try to tell people how I feel.

- a.** true, I do feel this way
- b.** in between
- c.** false, I don't feel this way

139. People gossip about some of the daring things I do, but I don't mind being the center of their attention.

- a.** true, I don't mind
- b.** in between
- c.** false, I do mind

140. People seem to be ganged up to treat me as if my opinions didn't matter.
a. often
b. sometimes
c. never

141. I keep worrying even about unimportant things if they don't seem quite right.
a. often
b. sometimes
c. never

142. There are times when I think I'm no good for anything at all.
a. true, I often think this
b. in between
c. false, I almost never do

143. I can't keep up with daily activities because I don't feel well.
a. true, I can't keep up
b. in between
c. false, I can keep up

144. I think about death, which ends all our problems.
a. a lot
b. sometimes
c. hardly ever

145. I like to be with a group that livens things up with stunts or practical jokes, even when they are a bit risky.
a. yes, certainly
b. perhaps
c. no

146. I feel self-confident and relaxed.
a. almost all the time
b. sometimes
c. hardly ever

147. I don't get dizzy spells or heart flutters if I'm suddenly asked to do something.
a. true, I don't feel like this
b. uncertain
c. false, I do get dizzy spells and heart flutters

148. I find it easy to keep up cheerful "small talk" with people.
a. always
b. sometimes
c. never

149. A safe rule in life is "Trust nobody."
a. yes, always
b. sometimes
c. no, hardly ever

150. I'm not bothered by other people's disapproval, as long as I'm doing what I enjoy.
a. true
b. uncertain
c. false

151. I don't have very many fears of hidden physical dangers.
a. true
b. partly true
c. false, I am fearful

152. I have a habit of counting things, such as my steps, or bricks in a wall, for no reason.
a. true, I do this most of the time
b. sometimes
c. false, I very rarely do this

153. The world seems too complex or too demanding for me.
a. often
b. sometimes
c. rarely

154. Every few days my stomach feels upset and uncomfortable.
a. yes, definitely
b. a little
c. no, not at all

155. Lately I don't really care what happens to me.
a. true, all the time
b. sometimes
c. false, I don't feel like that

156. I often feel bored and in a rut so I like to keep trying new things.
a. yes
b. uncertain
c. no

157. Thinking about doing normal, everyday things often makes me tense or anxious.
a. true
b. uncertain
c. false

158. I sleep soundly and wake up full of energy.
a. true, generally
b. only sometimes
c. never, these days

159. My life has lots of enjoyment and excitement in it.
a. almost all the time
b. sometimes
c. almost never

160. I feel that someone may be trying deliberately to harm me.

- a.** often
- b.** sometimes
- c.** rarely

161. In dark corners I often think I see people watching me, but when I look carefully they disappear.

- a.** true, often
- b.** occasionally
- c.** false, I never do

162. I don't usually feel a bit lost or anxious when I'm away from home where things are done differently.

- a.** true, I don't usually
- b.** uncertain
- c.** false, I often do

163. I feel weak and ill.

- a.** most of the time
- b.** sometimes
- c.** practically never

164. My head stays clear and calm in an emergency.

- a.** always
- b.** sometimes
- c.** never

165. I hardly ever have a dark mood of depression come over me for no reason.

- a.** true, I don't have such moods
- b.** uncertain
- c.** false, I do have moods like this

166. I find it easy to be friendly and playful with young children.

- a.** often
- b.** sometimes
- c.** rarely

167. Too many people are trying to interfere with my freedom.

- a.** true
- b.** uncertain
- c.** false

168. It doesn't bother me when others don't approve of me.

- a.** true, it doesn't bother me
- b.** uncertain
- c.** false, it does bother me

169. Dirty words or embarrassing ideas run through my mind, and I can't get rid of them.

- a.** often
- b.** sometimes
- c.** almost never

170. Much of the time I feel sluggish and too weary to move.

- a.** true
- b.** partly true
- c.** false

171. I like to fill my life with novel, exciting things and would be bored with most ordinary lives.

- a.** true
- b.** in between
- c.** false

172. My zest for each new day is high.

- a.** often
- b.** sometimes
- c.** rarely

173. I seem to blame myself for everything that goes wrong, and I'm always critical of myself.

- a.** true, most times
- b.** true, sometimes
- c.** false

174. I'd rather be alone or bored than try to deal with people.

- a.** often
- b.** sometimes
- c.** rarely

175. For some reason, it upsets me when other people get public praise.

- a.** true
- b.** uncertain
- c.** false

176. I sometimes doubt whether I have been of much use to anyone in my life.

- a.** true
- b.** uncertain
- c.** false

177. I feel my health is run down and I probably should see a doctor soon.

- a.** true
- b.** uncertain
- c.** false

178. I feel that I'm at the "end of my rope" and don't want to go on any more.

- a.** often
- b.** sometimes
- c.** almost never

179. Often I find it hard to fall asleep because I'm so energized.

- a.** true
- b.** uncertain
- c.** false

180. My nervous nature too often keeps me from "branching out" or enjoying things.
a. true
b. uncertain
c. false

181. When faced with problems, I don't feel I have enough energy to do something to solve them.
a. true, I don't have the energy
b. sometimes
c. false, I do

182. I have the feeling that I've done something horribly wrong but don't know what.
a. often
b. sometimes
c. never

183. People rarely talk about me behind my back.
a. true, I don't
b. uncertain
c. false, they often do

184. I never have moments that are so unreal, it's like I'm not part of what's happening.
a. true, I don't
b. uncertain
c. false, sometimes I do have such moments

185. When I'm in a formal place where I'm supposed to be quiet, I'm afraid I may feel like shouting out.
a. often
b. sometimes
c. rarely

186. I sometimes think that I am somehow a doomed or condemned person.
a. true
b. perhaps
c. false

187. When I get up in the morning, I feel I'm ready to face the day's problems.
a. almost always
b. sometimes
c. hardly ever

188. It's hard for me to feel truly relaxed and at ease.
a. true
b. uncertain
c. false

189. The stresses of everyday living seem to be too much for me.
a. often
b. sometimes
c. rarely

190. I have bad dreams in which I am in trouble for something.
a. often
b. sometimes
c. rarely

191. I find each day challenging and rewarding.
a. true
b. in between
c. false

192. I am often the only person who understands what is really going on.
a. true
b. uncertain
c. false

193. Sometimes I feel distant from even my closest friends and family members.
a. true
b. uncertain
c. false

194. There are things in my daily life that I feel I have to do again and again, no matter how much trouble it takes to get it exactly right.
a. true, I feel like that about many things
b. in between
c. false, I don't feel like that

195. I feel like giving up in the face of life's struggles.
a. often
b. sometimes
c. rarely

196. When things go wrong, I find it hard not to give up.
a. true, I often give up
b. uncertain
c. false

197. If people knew what I really think, they would hate me.
a. true
b. uncertain
c. false

198. Something new and interesting happens almost every day.
a. true
b. uncertain
c. false

199. I question whether anyone can really understand me.
a. often
b. sometimes
c. rarely

200. My emotions are so unreasonable that I don't feel fit to look after myself.

- a.** often
- b.** sometimes
- c.** I never feel like this

