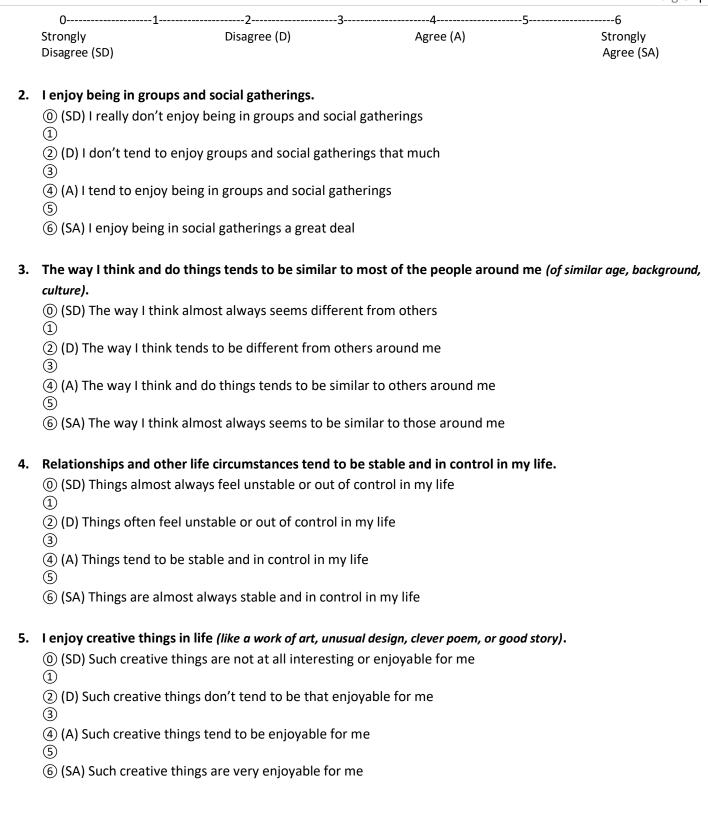
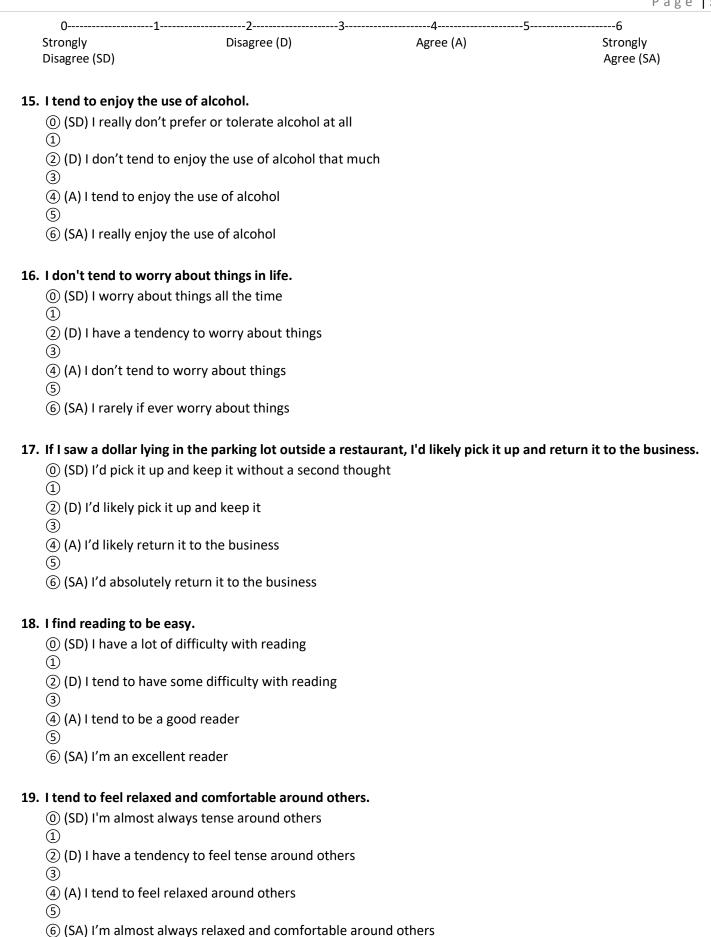
MPaCT

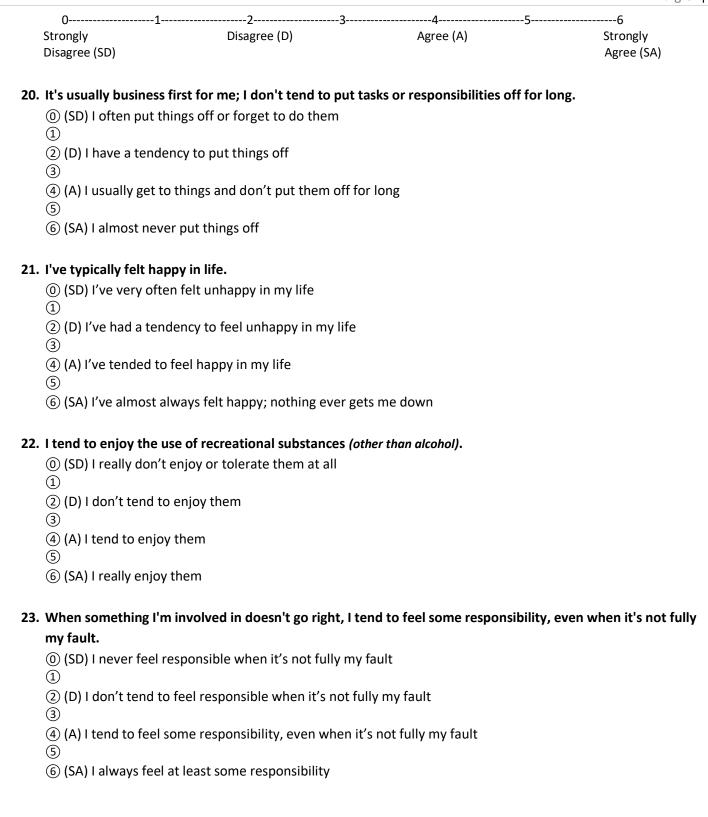
Name _.		Осс	upation/Sport	
Date_		Birthdate	Gender	r: male / female (circle one)
INS'	TRUCTIONS:			
		atements used to describe how a statement from 0-Strongly Di s		elves in general. Indicate how
2) Ar	nswer as you have been	GENERALLY in your life, not jus	t recently.	
	* * *	A NOTE ABOUT RESPONS	E STYLE (Read Carefully)	* * *
range Strong If the l	of responses and don't gly Disagree or 6-Stro	ver in ways that most accurately hesitate to answer toward the langly Agree). Otherwise, the resume really describes you best, the	nigher or lower scores if that o sults may <u>UNDERESTIMATE YC</u>	describes you best (e.g., 0- DUR TRUE CHARACTERISTICS.
estima	te your characteristics	ing in ways to just present your in WAYS YOU DON'T EXPECT, or ind will allow for your results to	it may appear you are <u>BEING</u>	UNREALISTIC.
			Copyright © 2004 by Erio	ch G. Duchmann, Ph.D. Ver. 1/1/17
HOV	MUCH DO YOU	AGREE WITH THE FOLI	OWING STATEMENTS	s?
	01	3	5·	6
	Strongly Disagree (SD)		Agree (A)	Strongly Agree (SA)
1.	Working with numbe	rs and basic math is fairly easy	for me.	
	(SD) Numbers and(1)	basic math are very difficult for	me	
	② (D) Numbers and b	pasic math are somewhat difficu	ılt for me	
	(A) Basic math ten	ds to be easy for me		
	(5) (6) (SA) I'm excellent v	with numbers and basic math		



				1 4 8
	01 Strongly Disagree (SD)	3 Disagree (D)	Agree (A)	56 Strongly Agree (SA)
6.	Those everyday little	rules and guidelines are there	ofor a reason, and I tond to	follow them fairly closely
0.		ollow them because they often	•	Tollow them fall y closely.
	① ② (D) I don't tend to ③	follow them unless they seem	fairly important	
		v everyday rules and guidelines	5	
	⑥ (SA) I almost alway	ys follow everyday rules and gu	uidelines, no matter how sm	all
7.	As a person, I tend to	be more capable than averag	e.	
	(SD) I tend to feel(1)	ess capable than the average (person	
	② (D) I tend to be ab ③	out average or so		
	_	ore capable than the average p	erson	
		ay more capable than average		
8.	I tend to be trusting	of others, and fairly open with	them.	
	(SD) I tend to be vo(1)	ery distrusting and cautious wi	th others	
		mewhat cautious with others		
		rly open and trusting with othe	ers	
		ery open and trusting with other	ers	
9.	I don't mind attentio	n and may say or do things tha	at others notice.	
	(SD) I'm very unco1	mfortable with attention and เ	usually avoid doing things ot	hers notice
		comfortable with attention an	d hesitate doing things that	others notice
		mfortable with attention from	others and may do things of	thers notice
		ention from others and often	do or say things that get not	ciced
10	. I think there is too m	uch concern about drugs and :	substances people use to re	elax or have a good time.
	(SD) I definitely th(1)	nk it is a serious problem		
	② (D) I tend to feel it ③	is a problem		
		really a problem if the individu	al is responsible about it	
	6 (SA) I don't see it a	s a problem at all		

			- 0 -
-	3		6
Strongly Disagree (SD)	Disagree (D)	Agree (A)	Strongly Agree (SA)
11. I'm a pretty independ	dent person, and don't really lo	ook for that much companions	ship or support from other
(SD) I really need of(1)	companionship or support from	others	
② (D) I tend to prefe	r companionship or support fro	m others in my life	
④ (A) I don't tend to ⑤	need that much companionship	o or support from others	
⑥ (SA) I really don't r	need nor want companionship o	or support from others	
12. I tend to be particula	r with things and like them to	ook neat & even, or be done	the proper & correct way.
(SD) I'm not at all I	particular with things		
② (D) I don't tend to ③	be that particular with things		
④ (A) I tend to be pa ⑤	rticular with how things look or	are done	
⑥ (SA) I can be very [particular about how things loo	k or are done	
13. When something see	ms interesting or important to	me, it tends to be difficult to	stop thinking about it.
(SD) I never really(1)	think too long about things		
② (D) It doesn't tend ③	to be difficult to stop thinking	about things	
④ (A) Interesting or i ⑤	mportant things tend to be diff	icult to stop thinking about	
⑥ (SA) Interesting or	important things are very diffic	cult to stop thinking about	
14. There are one or mor	re everyday things that can ma	ke me fairly nervous or uncon	nfortable (such as heights,
flying, animals, insects,	, blood, needles, the dark, the wat	er, small spaces, bad weather, o	r other).
(SD) I very rarely h	ave such things that make me r	nervous	
② (D) I don't tend to ③	get that nervous or uncomforta	able with such things	
④ (A) Some of these ⑤	things can make me nervous or	uncomfortable	
	can make me very nervous, and	I will avoid them if at all possil	ble



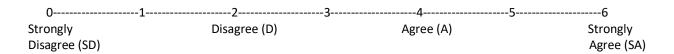


	0 Strongly Disagree (SD)	23 Disagree (D)	4	56 Strongly Agree (SA)
24.	l'm a fairly careful person an	d tend to take my time	with the things I do or do	ecisions I make.
	$\stackrel{\textcircled{0}}{\mathbb{1}}$ (SD) I never think very long	g about what I do		
	② (D) I don't tend to think th ③	at long about how I do	things	
	(A) I tend to take my time (5)	with my decisions and	actions	
	6 (SA) I tend to really think a	bout things before acti	ing or making decisions	
25.	usually tell someone when I	don't like something t	they did, or there's somet	hing they need to hear.
	$\stackrel{\textcircled{1}}{0}$ (SD) I usually don't speak o	out because I really try	to avoid any conflict	
	② (D) I tend to hesitate befor ③	e speaking in order to	avoid conflict	
	$\stackrel{\frown}{\textcircled{4}}$ (A) I tend to tell people wh $\stackrel{\frown}{\textcircled{5}}$	at they need to hear		
	⑥ (SA) I don't usually hesitat	e to tell people what th	ney need to hear	
	Things like geometry and the (a) (SD) It's very difficult for m (b)	_	•	for me to understand.
	② (D) It tends to be difficult t ③	o understand such thir	ngs	
	④ (A) I can often understand ⑤	or figure out the worki	ings of things	
	⑥ (SA) Such things are very e	asy for me to understa	nd	
	tend to feel positive about l		•	
	(SD) I almost always have €(1)	oncerns about how ot	hers see me	
	② (D) I tend to have concerns ③	about how others see	e me	
	④ (A) I tend to feel positive a ⑤	bout how others see m	ne	
	(SA) I almost always feel p	ositive about how othe	rs see me	

				0 -
	01	3	5-	6
	Strongly Disagree (SD)	Disagree (D)	Agree (A)	Strongly Agree (SA)
2		ings more than I really need to	· -	-
	locked or appliances to things I don't really ne	ırned off, count things, repeat or ı	redo things, feel or touch things o	certain way, keep or hoard
	(SD) I never do the	•		
	1	ose types of timigs		
	② (D) I don't tend to ③	do such things		
	④ (A) I tend to do so ⑤	me such things		
	⑥ (SA) I have a stron	g tendency to do some things,	and they can be difficult to ma	nage
2	29. Even minor bodily pa	ains or injuries tend to be both	ersome to me.	
	1	even notice minor pains and inj		
	3	rinjuries don't tend to be that b		
	(4) (A) Minor pains or (5)	injuries tend to be bothersom	e to me	
	⑥ (SA) Minor pains o	or injuries tend to be very bothe	ersome to me	
3	30. I tend to be sensitive	to other people's emotions ar	nd can understand what they'	re feeling.
	(SD) It's usually di(1)	fficult for me to understand wh	ere people are coming from	
	② (D) I tend to have ③	some difficulty understanding I	now others are feeling	
	(5)	nd understand what others are		
	⑥ (SA) I'm very sens	itive and can almost always und	derstand what others are feelin	ng
3		and comfortable when speaki		thers.
	1	nervous performing in front of o		
	3	ome tension speaking or perfor		
	(5)	elaxed speaking or performing		
	(6) (SA) I'm always re	laxed performing in front of oth	ners	

Stop

Read the following instructions before continuing. For the remaining items, your answers should be made according to how you have been more recently. Answer how you have felt on average, OVER THE PAST 5-10 DAYS INCLUDING TODAY.



32. THESE DAYS, I find n	yself feeling worrisome or nervous.
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- (0) (SD) I don't feel at all worrisome or nervous these days
- (1)
- ② (D) I've not been feeling that worrisome these days
- (3)
- (4) (A) I've been feeling somewhat worrisome or nervous lately
- (5)
- (SA) I've been feeling very worrisome these days

33. THESE DAYS, I tend to feel happy and positive.

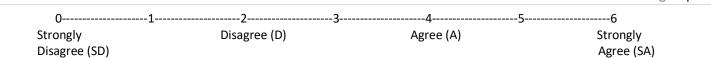
- (SD) I've been feeling very unhappy these days
- (1)
- (2) (D) I've been feeling somewhat unhappy lately
- (3)
- (4) (A) I've been feeling reasonably happy and positive these days
- (E)
- (SA) I've been feeling very happy and positive

34. THESE DAYS, I tend to feel tired, sluggish, or worn out.

- ① (SD) I've been feeling very alert and energetic lately
- (1)
- (2) (D) I've been feeling reasonably alert and energetic these days
- (3)
- (A) I've been feeling sort of tired and sluggish lately
- (5)
- (6) (SA) I've been feeling very tired and sluggish lately

35. THESE DAYS, I tend to feel into things and motivated during the day.

- (SD) I've been feeling very out of it and unmotivated lately
- 1
- (2) (D) I've been feeling somewhat unmotivated these days
- (3)
- (4) (A) I've been feeling reasonably motivated during the day
- (5)
- (6) (SA) I've been feeling very motivated these days



36. THESE DAYS, I tend to feel angry or resentful about some things.

- ① (SD) I'm not at all resentful or angry about anything these days
- 1
- (2) (D) I don't feel that angry or resentful these days
- (3)
- (4) (A) I've been feeling sort of angry or resentful these days
- (5)
- (6) (SA) I've been feeling very angry or resentful lately

37. THESE DAYS, I find myself feeling confused about some things in my life.

- ① (SD) I don't feel at all confused about anything these days
- (1)
- ② (D) I don't really feel too confused about anything these days
- (3)
- (4) (A) I feel somewhat unsure or confused about some things lately
- (5)
- (6) (SA) I've been feeling very unsure or confused about some things