Perceptions of Personal Qualities

On the following pages you will find a series of statements that individuals can use to describe themselves. For each statement, please give your best estimate of how well it describes you.

Use a No. 2 pencil, and please erase cleanly any stray marks or answers you wish to change. Make a solid mark to fill each response completely.

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Find the world a very interesting place	①	②	③	④	⑤	63
Go out of my way to attend educational events	①	②	③	④	⑤	62
Only get what I want because I work hard for it	①	②	③	④	⑤	61
Try to identify the reasons for my actions	①	②	③	④	⑤	60
Am able to come up with new and different ideas	①	②	③	④	⑤	59
Get impatient when others talk to me about their problems	①	②	③	④	⑤	58
Am very aware of my surroundings	①	②	③	④	⑤	57
Have a broad outlook on what is going on	①	②	③	④	⑤	56
Don't exercise on a regular basis	①	②	③	④	⑤	55
Am trusted to keep secrets	①	②	③	④	⑤	54
Have taken frequent stands in the face of strong opposition	①	②	③	④	⑤	53
Don't quit a task before it is finished	①	②	③	④	⑤	52
Don't easily share my feelings with others	①	②	③	④	⑤	51
Keep my promises	①	②	③	④	⑤	50
Have never deliberately hurt anyone	①	②	③	④	⑤	49
Am not good at working with a group	①	②	③	④	⑤	48
Am willing to take risks to establish a relationship	①	②	③	④	⑤	47
Cannot imagine myself lying or cheating	①	②	③	④	⑤	46
Know people whose opinions are simply not worth listening to	①	②	③	④	⑤	45
Admit when I am wrong	①	②	③	④	⑤	44
Let bygones be bygones	①	②	③	④	⑤	43
Know that my life has no strong purpose	①	②	③	④	⑤	42
Am able to come up with new and different ideas	①	②	③	④	⑤	41
Get impatient when others talk to me about their problems	①	②	③	④	⑤	40
Am very aware of my surroundings	①	②	③	④	⑤	39
Have a broad outlook on what is going on	①	②	③	④	⑤	38
Don't exercise on a regular basis	①	②	③	④	⑤	37
Am trusted to keep secrets	①	②	③	④	⑤	36
Have taken frequent stands in the face of strong opposition	①	②	③	④	⑤	35
Don't quit a task before it is finished	①	②	③	④	⑤	34
Don't easily share my feelings with others	①	②	③	④	⑤	33
Keep my promises	①	②	③	④	⑤	32
Have never deliberately hurt anyone	①	②	③	④	⑤	31
Am not good at working with a group	①	②	③	④	⑤	30
Am willing to take risks to establish a relationship	①	②	③	④	⑤	29
Cannot imagine myself lying or cheating	①	②	③	④	⑤	28
Know people whose opinions are simply not worth listening to	①	②	③	④	⑤	27
Admit when I am wrong	①	②	③	④	⑤	26
Let bygones be bygones	①	②	③	④	⑤	25
Know that my life has no strong purpose	①	②	③	④	⑤	24

PLEASE DO NOT WRITE IN THIS AREA

[SERIAL]

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Have no trouble eating healthy foods	① ② ③ ④ ⑤
Am never too busy to help a friend	① ② ③ ④ ⑤
Don't think about different possibilities when making decisions	① ② ③ ④ ⑤
Express my thanks to those who care about me	① ② ③ ④ ⑤
Don't miss group meetings or team practices	① ② ③ ④ ⑤
Look on the bright side	① ② ③ ④ ⑤
Avoid dealing with uncomfortable emotions	① ② ③ ④ ⑤
Have created something of beauty in the last year	① ② ③ ④ ⑤
Am humble about the good things that have happened to me	① ② ③ ④ ⑤
Am described as grumpy	① ② ③ ④ ⑤
Have been richly blessed in my life	① ② ③ ④ ⑤
Am told by friends that they do not really know who I am	① ② ③ ④ ⑤
Try to make sure everyone in a group feels included	① ② ③ ④ ⑤
Expect the worst	① ② ③ ④ ⑤
Am never bored	① ② ③ ④ ⑤
Don't like to learn new things	① ② ③ ④ ⑤
Believe in a universal power or God	① ② ③ ④ ⑤
Try not to do favors for others	① ② ③ ④ ⑤
Tend to think of alternatives when someone tells me how to do something	① ② ③ ④ ⑤
Believe that others are drawn to me because I am humble	① ② ③ ④ ⑤
Don't know how to handle myself in a new social situation	① ② ③ ④ ⑤
Lose sight of what is most important in life	① ② ③ ④ ⑤
Am not known for my sense of humor	① ② ③ ④ ⑤
Am a spiritual person	① ② ③ ④ ⑤
Avoid dealing with awkward situations	① ② ③ ④ ⑤
Try to tease my friends out of their gloomy moods	① ② ③ ④ ⑤
Don't finish what I start	① ② ③ ④ ⑤
Prefer to participate fully rather than view life from the sidelines	① ② ③ ④ ⑤
Am dependent on others for things that I should be able to do myself	① ② ③ ④ ⑤

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Feel it's important to live in a world of beauty ..... ① ② ③ ④ ⑤

Don't stand up for my beliefs ..... ① ② ③ ④ ⑤

Have difficulty getting others to work together ..... ① ② ③ ④ ⑤

Know that there are people who care as much for me as for themselves ..... ① ② ③ ④ ⑤

Become restless if I'm not accomplishing something ..... ① ② ③ ④ ⑤

Make decisions only after I have all of the facts ..... ① ② ③ ④ ⑤

Enjoy being part of a group ..... ① ② ③ ④ ⑤

Can't resist eating sweets, such as candy or cookies, if they are around ..... ① ② ③ ④ ⑤

Can become tearful thinking of the goodness of others ..... ① ② ③ ④ ⑤

Know that my special qualities will someday be admired ..... ① ② ③ ④ ⑤

Believe it is always better to be safe than sorry ..... ① ② ③ ④ ⑤

Get chills when I hear about acts of great generosity ..... ① ② ③ ④ ⑤

Am not very good at getting things done ..... ① ② ③ ④ ⑤

Can find the positive in what seems negative to others ..... ① ② ③ ④ ⑤

Don't practice any religion ..... ① ② ③ ④ ⑤

Am always busy with something interesting ..... ① ② ③ ④ ⑤

Like to stand out in a crowd ..... ① ② ③ ④ ⑤

Insist that others do things my way ..... ① ② ③ ④ ⑤

Hide whatever is important to me ..... ① ② ③ ④ ⑤

Like to think of new ways to do things ..... ① ② ③ ④ ⑤

Hold grudges ..... ① ② ③ ④ ⑤

Prefer to do everything alone ..... ① ② ③ ④ ⑤

Have trouble throwing away even worthless junk ..... ① ② ③ ④ ⑤

Am thrilled when I learn something new ..... ① ② ③ ④ ⑤

Am not fun to be with ..... ① ② ③ ④ ⑤

Feel like a loser if I compromise ..... ① ② ③ ④ ⑤

Dread getting up in the morning ..... ① ② ③ ④ ⑤

Forget deadlines ..... ① ② ③ ④ ⑤

Am able to fit into any situation ..... ① ② ③ ④ ⑤

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Have an excellent view of the world	① ② ③ ④ ⑤
Don't hesitate to express an unpopular opinion	① ② ③ ④ ⑤
Am a "workaholic," with little time for fun or pleasure	① ② ③ ④ ⑤
Keep my faith even during hard times	① ② ③ ④ ⑤
Have trouble relaxing, even with family or friends	① ② ③ ④ ⑤
Believe that honesty is the basis for trust	① ② ③ ④ ⑤
Hate to hear about the success of others	① ② ③ ④ ⑤
Go out of my way to cheer up people who appear down	① ② ③ ④ ⑤
Do the opposite of what I'm told to do	① ② ③ ④ ⑤
Know that some others accept my shortcomings	① ② ③ ④ ⑤
Am very shy in social situations	① ② ③ ④ ⑤
Am an extremely loyal person	① ② ③ ④ ⑤
Wish that something bad will happen to someone I dislike	① ② ③ ④ ⑤
Treat all people equally	① ② ③ ④ ⑤
Am a good listener	① ② ③ ④ ⑤
Am good at helping people work well together	① ② ③ ④ ⑤
Fear that others will hate me	① ② ③ ④ ⑤
Am a highly disciplined person	① ② ③ ④ ⑤
Enjoy dreaming about a perfect mate	① ② ③ ④ ⑤
Think before I speak	① ② ③ ④ ⑤
Disapprove of gift giving because it encourages weakness	① ② ③ ④ ⑤
Experience deep emotions when I see beautiful things	① ② ③ ④ ⑤
Behave in unusual and strange ways	① ② ③ ④ ⑤
Stop to count my blessings	① ② ③ ④ ⑤
Am not good at taking charge of a group	① ② ③ ④ ⑤
Remain hopeful despite challenges	① ② ③ ④ ⑤
Have special problems	① ② ③ ④ ⑤
Am a goal-oriented person	① ② ③ ④ ⑤
Take advantage of others	① ② ③ ④ ⑤

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Don't act as if I'm a special person	①	②	③	④	⑤	63
Use laughter to brighten the days of others	①	②	③	④	⑤	62
Am afraid to reach out for love	①	②	③	④	⑤	61
Follow the rules	①	②	③	④	⑤	60
Never seek vengeance	①	②	③	④	⑤	59
Am not all that curious about the world	①	②	③	④	⑤	58
Can sense when danger or harm is coming	①	②	③	④	⑤	57
Look forward to the opportunity to learn and grow	①	②	③	④	⑤	56
Don't tend to think things through critically	①	②	③	④	⑤	55
Have the ability to make others feel interesting	①	②	③	④	⑤	54
Believe that everyone's rights are equally important	①	②	③	④	⑤	53
Have to be on guard against spells which strangers may cast upon me	①	②	③	④	⑤	52
Don't pride myself on being original	①	②	③	④	⑤	51
Have never given bad advice to a friend	①	②	③	④	⑤	50
Am the most important person in someone else's life	①	②	③	④	⑤	49
Feel hollow, empty, or bored	①	②	③	④	⑤	48
Finish things despite obstacles in the way	①	②	③	④	⑤	47
Like to start fights	①	②	③	④	⑤	46
Don't waste time with others' troubles	①	②	③	④	⑤	45
Love to make other people happy	①	②	③	④	⑤	44
Don't speak my mind freely when there might be negative results	①	②	③	④	⑤	43
Reveal intimate details of my life easily	①	②	③	④	⑤	42
Work best when I am alone	①	②	③	④	⑤	41
Don't approach things halfheartedly	①	②	③	④	⑤	40
Wall myself off from others	①	②	③	④	⑤	39
Am not good at planning group activities	①	②	③	④	⑤	38
Collect things that no one else wants	①	②	③	④	⑤	37
Can control my emotions	①	②	③	④	⑤	36
Know that my friends consider me to be impulsive	①	②	③	④	⑤	35
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① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Fail to notice beauty until others comment on it	① ② ③ ④ ⑤
Am a true life-long learner	① ② ③ ④ ⑤
Want others to attend to my needs first	① ② ③ ④ ⑤
Can clearly picture in my mind what I want to happen in my future	① ② ③ ④ ⑤
Lie to get myself out of trouble	① ② ③ ④ ⑤
Am not affected by either praise or criticism	① ② ③ ④ ⑤
Don't brag about my accomplishments	① ② ③ ④ ⑤
Try to have fun in all kinds of situations	① ② ③ ④ ⑤
Use my charm to get attention	① ② ③ ④ ⑤
Love what I do	① ② ③ ④ ⑤
Allow others to make a fresh start	① ② ③ ④ ⑤
Am afraid of being left alone	① ② ③ ④ ⑤
Am excited by many different activities	① ② ③ ④ ⑤
Don't make a big deal about gifts that I receive	① ② ③ ④ ⑤
Have a colorful and dramatic way of talking about things	① ② ③ ④ ⑤
Am valued by others for my objectivity	① ② ③ ④ ⑤
Come up with new ways to do things	① ② ③ ④ ⑤
Keep my distance from strangers	① ② ③ ④ ⑤
Know what makes others tick	① ② ③ ④ ⑤
Have been described as wise beyond my years	① ② ③ ④ ⑤
Have no sympathy for rule-breakers	① ② ③ ④ ⑤
Call for action while others talk	① ② ③ ④ ⑤
Am a hard worker	① ② ③ ④ ⑤
Use magic to ward off bad thoughts about me	① ② ③ ④ ⑤
Can be trusted to keep my promises	① ② ③ ④ ⑤
Helped a neighbor in the last month	① ② ③ ④ ⑤
Shift back and forth between strong love and strong hate	① ② ③ ④ ⑤
Could never stop loving my family and close friends, no matter what they did	① ② ③ ④ ⑤
Don't talk badly to outsiders about my own group	① ② ③ ④ ⑤

Musical Training and Experience

AS A CHILD (prior to age 18), did you ever study music?

- ○ No, never
- ○ Yes, but only briefly (a year or less)
- ○ Yes, for one to four years
- ○ Yes, for five or more years

AS AN ADULT, have you ever taken music or voice lessons?

- ○ No, never
- ○ Yes, but only briefly (a year or less)
- ○ Yes, for one to four years
- ○ Yes, for five or more years

What musical instruments have you played? (Check all that apply.)

- ○ None
- ○ Piano (or harp, organ, or harpsichord)
- ○ Violin (or other bowed string instrument)
- ○ Guitar/banjo (or other plucked or picked instrument)
- ○ Percussion or drums
- ○ A wind instrument
- ○ Voice
- ○ Other (*Please specify*): _____

Have you ever performed professionally?

- ○ No
- ○ Only in my youth
- ○ For at least some time as an adult
- ○ I still do so when I can.

Have you ever performed in a large public forum?

- ○ No
- ○ Only in my youth
- ○ For at least some time as an adult
- ○ I still do so when I can.

How well can you read musical notation?

- ○ Not at all
- ○ Slightly
- ○ Reasonably well
- ○ Quite well

How well can you play (or sing) in tune?

- ○ I am tone deaf, or nearly so.
- ○ I have difficulty with musical scales.
- ○ I am about the same as most people.
- ○ I have a better musical ear than most people.
- ○ I have an exceptional musical ear.

How accurately can you identify or name musical pitches?

- ○ Not at all
- ○ Very poorly
- ○ About the same as most people
- ○ Better than most people
- ○ Exceptionally well (absolute pitch)

On average, how much do you listen to music each day?

- ○ Never or very rarely
- ○ Less than one hour a day
- ○ One to two hours
- ○ Two to four hours
- ○ Four to six hours
- ○ Six to eight hours
- ○ Eight to ten hours
- ○ More than ten hours a day

Do you consider yourself a musical person?

- ○ No, not at all
- ○ Somewhat
- ○ About the same as most people
- ○ More than most people
- ○ Extremely

Your Dreams

In general, how many hours do you sleep each night?

○ Four or less ○ Five or six ○ Seven ○ Eight ○ Nine ○ Ten or eleven ○ Twelve or more

Of the time you spend sleeping, how frequently do you dream?

○ Never or very rarely ○ Only occasionally ○ Sometimes ○ Most of the time ○ Nearly all of the time

Upon awakening, how often do you remember your dreams?

○ Never or very rarely ○ Only occasionally ○ Sometimes ○ Most of the time ○ Nearly all of the time

How often are your dreams frightening?

○ Never or very rarely ○ Only occasionally ○ Sometimes ○ Most of the time ○ Nearly all of the time

Do your dreams tell a story?

- ○ No, they just morph from one scene to another.
- ○ Sometimes they tell a coherent story.
- ○ Often they tell a coherent story.
- ○ Almost always they tell a story.

Do you enjoy the experience of dreaming?

○ Never or very rarely ○ Only occasionally ○ Sometimes ○ Most of the time ○ Nearly all of the time

More Perceptions of Personal Qualities

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Don't think about more possibilities than the one I like first ..... ① ② ③ ④ ⑤

Am satisfied with my life ..... ① ② ③ ④ ⑤

Forego things that are bad for me in the long run even if they make me feel good in the short run ..... ① ② ③ ④ ⑤

Treat everyone the same ..... ① ② ③ ④ ⑤

Avoid activities that are physically dangerous ..... ① ② ③ ④ ⑤

Will do just about anything to please people ..... ① ② ③ ④ ⑤

Have been left speechless by the beauty depicted in a movie ..... ① ② ③ ④ ⑤

Am an extremely grateful person ..... ① ② ③ ④ ⑤

Control others by my anger ..... ① ② ③ ④ ⑤

Have spent at least 30 minutes in the last 24 hours in prayer or meditation ..... ① ② ③ ④ ⑤

Get a thrill out of ripping off others ..... ① ② ③ ④ ⑤

Am proud that I am an ordinary person ..... ① ② ③ ④ ⑤

Try to add some humor to whatever I do ..... ① ② ③ ④ ⑤

Don't feel the need to be close to others ..... ① ② ③ ④ ⑤

Look forward to each new day ..... ① ② ③ ④ ⑤

Keep to myself ..... ① ② ③ ④ ⑤

Have a special ability to know what will happen before it happens ..... ① ② ③ ④ ⑤

Am happy with my life ..... ① ② ③ ④ ⑤

Don't like to visit museums ..... ① ② ③ ④ ⑤

Have never cared much what others thought of me ..... ① ② ③ ④ ⑤

Give everyone a chance ..... ① ② ③ ④ ⑤

Am not considered to have new and different ideas ..... ① ② ③ ④ ⑤

Feel that others can't figure out what I'm trying to say ..... ① ② ③ ④ ⑤

Get along well with people I have just met ..... ① ② ③ ④ ⑤

Am not good at figuring out what really matters ..... ① ② ③ ④ ⑤

Believe that it is best to forgive and forget ..... ① ② ③ ④ ⑤

Am uniquely qualified to make important contributions ..... ① ② ③ ④ ⑤

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Am only kind to others if they have been kind to me	①	②	③	④	⑤	63
Am true to my own values	①	②	③	④	⑤	62
Find myself picking up the mood of others	①	②	③	④	⑤	61
Love to look my best	①	②	③	④	⑤	60
Feel isolated from other people	①	②	③	④	⑤	59
Give up easily	①	②	③	④	⑤	58
Must try to maintain harmony within my group	①	②	③	④	⑤	57
Am committed to principles of justice and equality	①	②	③	④	⑤	56
Am very sensitive and easily hurt	①	②	③	④	⑤	55
Believe that our human nature brings us together to work for common goals	①	②	③	④	⑤	54
Deserve the very best of everything	①	②	③	④	⑤	53
Have no plan for my life five years from now	①	②	③	④	⑤	52
Act before thinking through the consequences	①	②	③	④	⑤	51
Am rarely aware of the natural beauty in the environment	①	②	③	④	⑤	50
Treat my doctors and other professionals as my friends	①	②	③	④	⑤	49
Am who I am because of my faith	①	②	③	④	⑤	48
Don't have much energy	①	②	③	④	⑤	47
Can create any impression that I want	①	②	③	④	⑤	46
Don't see the need to acknowledge others who are good to me	①	②	③	④	⑤	45
Like to talk about myself	①	②	③	④	⑤	44
Worry that certain people will try to trick or deceive me	①	②	③	④	⑤	43
Keep my sense of humor even in gloomy situations	①	②	③	④	⑤	42
Only want service from the top-qualified person in the field	①	②	③	④	⑤	41
Am good at understanding others' feelings	①	②	③	④	⑤	40
Can stay on a diet	①	②	③	④	⑤	39
Am unwilling to accept apologies	①	②	③	④	⑤	38
Have never felt real joy	①	②	③	④	⑤	37
Read all the time	①	②	③	④	⑤	36
Am a firm believer in thinking things through	①	②	③	④	⑤	35

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Let myself be taken over by urges to spend or eat too much	① ② ③ ④ ⑤
Am good at sensing what others are feeling	① ② ③ ④ ⑤
Am an original thinker	① ② ③ ④ ⑤
Am not a detail-oriented person	① ② ③ ④ ⑤
Can face my fears	① ② ③ ④ ⑤
Ask for lots of advice from others	① ② ③ ④ ⑤
Have no need for close friendships	① ② ③ ④ ⑤
Take pride in not exaggerating who or what I am	① ② ③ ④ ⑤
Can see special connections between seemingly unrelated objects or events	① ② ③ ④ ⑤
Get as excited about the good fortunes of others as I am about my own	① ② ③ ④ ⑤
Can express love to someone else	① ② ③ ④ ⑤
Am hard to understand	① ② ③ ④ ⑤
Support my teammates or fellow group members	① ② ③ ④ ⑤
Refuse to take credit for work I have not done	① ② ③ ④ ⑤
Feel like an imposter	① ② ③ ④ ⑤
Am told that I am a strong but fair leader	① ② ③ ④ ⑤
Can always say "enough is enough"	① ② ③ ④ ⑤
Treat others differently if I don't like them	① ② ③ ④ ⑤
Keep straight right from wrong	① ② ③ ④ ⑤
Appreciate all forms of art	① ② ③ ④ ⑤
Would change my name or life story to get out of trouble	① ② ③ ④ ⑤
Feel thankful for what I have received in life	① ② ③ ④ ⑤
Will succeed with the goals I set for myself	① ② ③ ④ ⑤
Insist on getting my way	① ② ③ ④ ⑤
Find few things in my life to be grateful for	① ② ③ ④ ⑤
Don't call attention to myself	① ② ③ ④ ⑤
Worry that certain people will take unfair advantage of me	① ② ③ ④ ⑤
Have a great sense of humor	① ② ③ ④ ⑤
Cannot wait to get started on a project	① ② ③ ④ ⑤

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Don't try to get even	①	②	③	④	⑤	63
Find it difficult to entertain myself	①	②	③	④	⑤	62
Have a mature view on life	①	②	③	④	⑤	61
Consult the library or the Internet immediately if I want to know something	①	②	③	④	⑤	60
Weigh the pro's and the con's	①	②	③	④	⑤	59
Prefer that others make the major decisions in my life	①	②	③	④	⑤	58
Have an imagination that stretches beyond that of my friends	①	②	③	④	⑤	57
Get puzzled by my own thoughts and feelings	①	②	③	④	⑤	56
Don't get sidetracked when I work	①	②	③	④	⑤	55
Am rarely consulted for advice by others	①	②	③	④	⑤	54
Have overcome pain and disappointment	①	②	③	④	⑤	53
Feel resentful when I don't get my own way	①	②	③	④	⑤	52
Have gotten the important things I want in my life	①	②	③	④	⑤	51
Am quick to admit making a mistake	①	②	③	④	⑤	50
Have learned that it's dangerous to believe what people say	①	②	③	④	⑤	49
Can find something of interest in any situation	①	②	③	④	⑤	48
Try to respond with understanding when someone treats me badly	①	②	③	④	⑤	47
Can sense the presence of strange persons or forces	①	②	③	④	⑤	46
Lose respect for leaders if I disagree with them	①	②	③	④	⑤	45
Call my friends when they are sick	①	②	③	④	⑤	44
Enjoy flirting	①	②	③	④	⑤	43
Try to make my group members happy	①	②	③	④	⑤	42
Do my tasks only just before they need to be done	①	②	③	④	⑤	41
Think that most people in authority are incompetent or corrupt	①	②	③	④	⑤	40
Like taking risks	①	②	③	④	⑤	39
Am in awe of simple things in life that others might take for granted	①	②	③	④	⑤	38
Take unfair advantage of others	①	②	③	④	⑤	37
Believe that each person has a purpose in life	①	②	③	④	⑤	36
Am not confident that my way of doing things will work out for the best	①	②	③	④	⑤	35
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						3
						2
						1

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Don't believe in a universal power or a God ..... ① ② ③ ④ ⑤

Believe that leaders should let everyone have a say in what the group does ..... ① ② ③ ④ ⑤

Feel a strong need to hold on to my possessions ..... ① ② ③ ④ ⑤

Don't go out of my way to make others smile or laugh ..... ① ② ③ ④ ⑤

Can hardly wait to see what life has in store for me in the years ahead ..... ① ② ③ ④ ⑤

Like to stir up excitement ..... ① ② ③ ④ ⑤

Consider myself to be a wise person ..... ① ② ③ ④ ⑤

Think that my life is extremely interesting ..... ① ② ③ ④ ⑤

Feel that too much modesty gets a person in trouble ..... ① ② ③ ④ ⑤

Read a wide variety of books ..... ① ② ③ ④ ⑤

Try to have good reasons for my important decisions ..... ① ② ③ ④ ⑤

Feel empty in my relationships ..... ① ② ③ ④ ⑤

Have recently found an original solution to a problem in my life ..... ① ② ③ ④ ⑤

Know what to say to make people feel good ..... ① ② ③ ④ ⑤

Like to dress differently than everyone else ..... ① ② ③ ④ ⑤

Don't give anyone a second chance to hurt me ..... ① ② ③ ④ ⑤

Speak up in protest when I hear someone say mean things ..... ① ② ③ ④ ⑤

Don't think it's important to socialize with others ..... ① ② ③ ④ ⑤

Make certain that my plans will work ..... ① ② ③ ④ ⑤

Am told that I am down to earth ..... ① ② ③ ④ ⑤

Follow my own rules ..... ① ② ③ ④ ⑤

Love to let others share the spotlight ..... ① ② ③ ④ ⑤

Know someone whom I really care about as a person ..... ① ② ③ ④ ⑤

Like to exaggerate my troubles ..... ① ② ③ ④ ⑤

Feel I must respect the decisions made by my group ..... ① ② ③ ④ ⑤

Believe that everyone should have a say ..... ① ② ③ ④ ⑤

Worry about being embarrassed ..... ① ② ③ ④ ⑤

Borrow money that I won't pay back ..... ① ② ③ ④ ⑤

Feel that practice is as important as performance ..... ① ② ③ ④ ⑤

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Make careful choices ..... ① ② ③ ④ ⑤ 63

Remain on guard to keep from being tricked or manipulated ..... ① ② ③ ④ ⑤ 62

Don't tend to stick with what I decide to do ..... ① ② ③ ④ ⑤ 61

Enjoy using my charm ..... ① ② ③ ④ ⑤ 60

Feel a profound sense of appreciation every day ..... ① ② ③ ④ ⑤ 59

Crave the experience of great art ..... ① ② ③ ④ ⑤ 58

Think about what is good in my life when I feel down ..... ① ② ③ ④ ⑤ 57

Do things well at first, but then drop them ..... ① ② ③ ④ ⑤ 56

Know that my beliefs make my life important ..... ① ② ③ ④ ⑤ 55

Get lost in what I'm doing and don't pay attention to much else ..... ① ② ③ ④ ⑤ 54

Would never be described as arrogant ..... ① ② ③ ④ ⑤ 53

Am afraid of losing control of my anger ..... ① ② ③ ④ ⑤ 52

Believe that life is more of a playground than a battlefield ..... ① ② ③ ④ ⑤ 51

Am content with my life ..... ① ② ③ ④ ⑤ 50

Have eerie feelings ..... ① ② ③ ④ ⑤ 49

Awaken with a sense of excitement about the day's possibilities ..... ① ② ③ ④ ⑤ 48

Don't have strong feelings about anyone or anything ..... ① ② ③ ④ ⑤ 47

Hate to see anyone suffer, even my worst enemy ..... ① ② ③ ④ ⑤ 46

Give in to my urges ..... ① ② ③ ④ ⑤ 45

Love to hear about other countries and cultures ..... ① ② ③ ④ ⑤ 44

Manage to make myself the center of attention ..... ① ② ③ ④ ⑤ 43

Don't read nonfiction books for fun ..... ① ② ③ ④ ⑤ 42

Am valued by my friends for my good judgment ..... ① ② ③ ④ ⑤ 41

Don't show my feelings ..... ① ② ③ ④ ⑤ 40

Have no special urge to do something original ..... ① ② ③ ④ ⑤ 39

Am taken advantage of by others ..... ① ② ③ ④ ⑤ 38

Am willing to admit it when I make a mistake ..... ① ② ③ ④ ⑤ 37

Can get anxious, depressed, or irritable for no reason ..... ① ② ③ ④ ⑤ 36

Am considered to be a wise person ..... ① ② ③ ④ ⑤ 35

① Very Inaccurate	② Moderately Inaccurate	③ Neither Inaccurate nor Accurate	④ Moderately Accurate	⑤ Very Accurate

Have difficulty accepting love from anyone ..... ① ② ③ ④ ⑤

Am a brave person ..... ① ② ③ ④ ⑤

Have few interests ..... ① ② ③ ④ ⑤

Beliefs and Opinions

Below you will find statements concerning personal philosophy, the nature of reality, truth and knowledge, religion and spirituality, social and political movements, and standards for conduct. Please indicate your degree of agreement and disagreement with each statement: does it provide an accurate description of your beliefs?

Read each statement, then indicate the extent of your agreement with the statement using the following rating scale:

① Strongly and completely DISAGREE	② Moderately or mostly DISAGREE	③ Neither agree nor disagree: neutral, uncertain, or don't understand the statement	④ Moderately or mostly AGREE	⑤ Strongly and completely AGREE

Enlightenment can be gained through meditation, self-contemplation, and intuition ..... ① ② ③ ④ ⑤

Private industry must be protected from government takeovers ..... ① ② ③ ④ ⑤

I love and am devoted to my country ..... ① ② ③ ④ ⑤

There's little value in strict adherence to religious scriptures ..... ① ② ③ ④ ⑤

Convicted criminals need rehabilitation instead of punishment ..... ① ② ③ ④ ⑤

I believe in the superiority of my own ethnic group ..... ① ② ③ ④ ⑤

No objects have magical or spiritual powers ..... ① ② ③ ④ ⑤

The government ought to exercise more control over industry ..... ① ② ③ ④ ⑤

The pleasures of the senses are the highest good ..... ① ② ③ ④ ⑤

I believe in predestination, that all things have been divinely determined beforehand ..... ① ② ③ ④ ⑤

We ought to welcome foreigners to enter and become part of our nation ..... ① ② ③ ④ ⑤

All forms of government are oppressive and undesirable and should be abolished ..... ① ② ③ ④ ⑤

The individual soul can be mystically united with the single source from which all existence comes ..... ① ② ③ ④ ⑤

I am opposed to constitutional forms of government ..... ① ② ③ ④ ⑤

The justice system is too soft on criminals ..... ① ② ③ ④ ⑤

I don't believe in a messiah who will come to save the world ..... ① ② ③ ④ ⑤

① Strongly and completely DISAGREE	② Moderately or mostly DISAGREE	③ Neither agree nor disagree: neutral, uncertain, or don't understand the statement	④ Moderately or mostly AGREE	⑤ Strongly and completely AGREE

We should reduce the influence of foreigners on our government and our culture ..... ① ② ③ ④ ⑤ 63

Worldly possessions are the greatest good and highest value in life ..... ① ② ③ ④ ⑤ 62

Animals don't have souls or spirits ..... ① ② ③ ④ ⑤ 61

Nonmaterial attributes are more important than outward beauty ..... ① ② ③ ④ ⑤ 60

The government ought to take responsibility for the individual and social welfare of its citizens ..... ① ② ③ ④ ⑤ 59

There is no God or gods ..... ① ② ③ ④ ⑤ 58

I have profound respect for historical institutions, laws, and traditions ..... ① ② ③ ④ ⑤ 57

Wealthy people should have a higher tax rate than poor people ..... ① ② ③ ④ ⑤ 56

Practices like meditation will not lead one to enlightenment ..... ① ② ③ ④ ⑤ 55

I don't see much use in adhering strictly and literally to the law ..... ① ② ③ ④ ⑤ 54

Religion should play the most important role in civil affairs ..... ① ② ③ ④ ⑤ 53

Government should function only to punish crimes, enforce contracts, and provide national defense -- not to restrain the free market ..... ① ② ③ ④ ⑤ 52

There is a higher good than the pleasures of the senses ..... ① ② ③ ④ ⑤ 51

Natural objects (and even Nature itself) have conscious life ..... ① ② ③ ④ ⑤ 50

I am opposed to the death penalty (execution) as a punishment for crimes ..... ① ② ③ ④ ⑤ 49

Knowledge is the awareness of individual facts and an understanding of the logical relations among these facts ..... ① ② ③ ④ ⑤ 48

People ought to be motivated by something beyond their own self-interest ..... ① ② ③ ④ ⑤ 47

I dislike my country ..... ① ② ③ ④ ⑤ 46

Government-supported social welfare programs should be abolished ..... ① ② ③ ④ ⑤ 45

My own race is not superior to any other race ..... ① ② ③ ④ ⑤ 44

The world is ruled by the opposing forces of good and evil ..... ① ② ③ ④ ⑤ 43

I believe in government by law with the consent of those people governed ..... ① ② ③ ④ ⑤ 42

The self is the only reality ..... ① ② ③ ④ ⑤ 41

I approve the imposing of restrictions on immigration ..... ① ② ③ ④ ⑤ 40

Criminals are like other people except that the criminals were stupid enough to get caught ..... ① ② ③ ④ ⑤ 39

All groups of people should have an equal chance in life ..... ① ② ③ ④ ⑤ 38

It is good to defy "traditional family values" as feminists and homosexuals have done ..... ① ② ③ ④ ⑤ 37

① Strongly and completely DISAGREE	② Moderately or mostly DISAGREE	③ Neither agree nor disagree: neutral, uncertain, or don't understand the statement	④ Moderately or mostly AGREE	⑤ Strongly and completely AGREE

Sometimes certain groups of people need to be kept in their place . . . . . ① ② ③ ④ ⑤

Being humble and honest is better than being important and dishonest . . . . . ① ② ③ ④ ⑤

We need tough leaders who can silence the troublemakers and restore our traditional values . . . . ① ② ③ ④ ⑤

There should be increased social equality . . . . . ① ② ③ ④ ⑤

It is wise to flatter important people . . . . . ① ② ③ ④ ⑤

To achieve success, it is sometimes necessary for one group to step on other groups of people . . . ① ② ③ ④ ⑤

Getting ahead requires cutting corners here and there . . . . . ① ② ③ ④ ⑤

The government should not have the power to censor any pamphlets, magazines, or web sites, no matter how trashy or radical . . . . . ① ② ③ ④ ⑤

Deceit and manipulation are justified in pursuing and maintaining power in the political world . . ① ② ③ ④ ⑤

There should be strong punishment of those who break God's laws about abortion, pornography, and marriage . . . . . ① ② ③ ④ ⑤

Inferior groups should stay in their place . . . . . ① ② ③ ④ ⑤

Honesty is always the best policy; one should always be honest . . . . . ① ② ③ ④ ⑤

We would have fewer problems if we treated people more equally . . . . . ① ② ③ ④ ⑤

Multi -Vitamins

Do you currently take multi-vitamins? ○**No** ○**Yes:** ***If Yes, please answer A and B --***

A. How <u>many</u> do you take per week?

○**1 or less** ○**2** ○**3** ○**4** ○**5** ○**6** ○**7** ○**8** ○**9** ○**10+**

B. <u>For how many years</u> have you taken them?

○**1 or less** ○**2** ○**3** ○**4** ○**5** ○**6** ○**7** ○**8** ○**9** ○**10+**

Ethnicity and Race

Do you consider yourself to be Hispanic or Latino? (Please select one.)

○**Hispanic or Latino** ○**NOT Hispanic or Latino**

What is your race? Select one or more of the following. (If more than one fits, please also mark "More than one race." If none of them fits, mark "Other" and write the best way to describe your race.)

○**American Indian or Alaska Native**
○**Asian**
○**Black or African American**
○**Native Hawaiian or Other Pacific Islander**
○**White**
○**More than one race**
○**Other (please describe)**_____

Thank you for completing this questionnaire!
Please return it to the Oregon Research Institute in the postage-paid envelope provided.

PLEASE DO NOT WRITE IN THIS AREA

[SERIAL]