Participant #:_____

Goals and Challenges in Life

We are interested in how you pursue goals, face challenges, and deal with difficulties in your life. Please rate the items below on the following 5 point scale by circling one of the values to the right of each item:

0	**1**	**2**	**3**	**4**
Strongly disagree	disagree	Neutral	Agree	Strongly agree

1. When I get stuck on something, it's hard for me to find a new approach. 0 1 2 3 4
2. The harder a goal is to achieve, the more appeal it has to me. 0 1 2 3 4
3. I can be very obstinate in pursuing my goals. 0 1 2 3 4
4. I find it easy to see something positive even in a serious mishap. 0 1 2 3 4
5. When faced with obstacles, I usually double my efforts. 0 1 2 3 4
6. To avoid disappointments, I don't set my goals too high. 0 1 2 3 4
7. Even when things seem hopeless, I keep on fighting to reach my goals. 0 1 2 3 4
8. When everything seems to be going wrong, I can usually find a bright side to a situation. 0 1 2 3 4
9. I tend to lose interest in matters where I cannot keep up with others. 0 1 2 3 4
10. I find it easy to give up a wish if it seems difficult to fulfill it. 0 1 2 3 4
11. When I run up against insurmountable obstacles, I prefer to look for a new goal. 0 1 2 3 4
12. Life is much more pleasurable when I do not expect too much from it. 0 1 2 3 4
13. I create many problems for myself because of my high demands. 0 1 2 3 4
14. When I have tried hard but cannot solve a problem, I find it easy just to leave it unsolved. 0 1 2 3 4

SEE OTHER SIDE ⇒

Participant #:_____

15. In general, I am not upset very long about an opportunity passed up. 0 1 2 3 4

16. I adapt quite easily to changes in plans or circumstances. 0 1 2 3 4

17. I usually find something positive even about giving up something I cherish. 0 1 2 3 4

18. I avoid grappling with problems for which I have no solution. 0 1 2 3 4

19. I usually have no difficulties in recognizing where my limits are. 0 1 2 3 4

20. If I find I can not reach a goal, I'd prefer to change my goal than to keep struggling. 0 1 2 3 4

21. After a serious drawback, I soon turn to new tasks. 0 1 2 3 4

22. Faced with a serious problem, I sometimes simply pay no attention to it. 0 1 2 3 4

23. If I don't get something I want, I take it with patience. 0 1 2 3 4

24. Faced with a disappointment, I usually remind myself that other things in life are just as important. 0 1 2 3 4

25. I find that even life's troubles have their bright side. 0 1 2 3 4

26. It is very difficult for me to accept a setback or defeat. 0 1 2 3 4

27. Even when a situation seems hopeless, I still try to master it. 0 1 2 3 4

28. I stick to my goals and projects even in the face of great difficulties. 0 1 2 3 4

29. When I get into trouble, I immediately know how to make the best out of the situation. 0 1 2 3 4

30. I'm never really satisfied unless things come up to my wishes exactly. 0 1 2 3 4

Participant #:_____

Feelings Now and in Your Early 50s

We are interested in your experience of life during the last few years as compared with what it was about ten years ago. Please rate the items below on a three point scale for both the early 50s and now:

1 not at all descriptive; 2 somewhat descriptive; 3 very descriptive

Now	Early 50s	
1 2 3	1 2 3	Being selective in what I do.
1 2 3	1 2 3	Liking an active social life.
1 2 3	1 2 3	Being treated as an older person.
1 2 3	1 2 3	Feeling established.
1 2 3	1 2 3	A sense of being my own person.
1 2 3	1 2 3	Intense interest in inner life.
1 2 3	1 2 3	Rebellion against constriction.
1 2 3	1 2 3	Feeling my life is moving well.
1 2 3	1 2 3	Being very much interested in sex.
1 2 3	1 2 3	Feeling secure and committed.
1 2 3	1 2 3	Excitement, turmoil, confusion about my impulses and potential.
1 2 3	1 2 3	Coming near the end of one road and not yet finding another.
1 2 3	1 2 3	Feeling weak, incompetent, or not as strong as other people.
1 2 3	1 2 3	Feeling the limits of what I will be able to accomplish.
1 2 3	1 2 3	Discovering new parts of myself.
1 2 3	1 2 3	Focus on reality--meeting the needs of the day and not being too emotional.
1 2 3	1 2 3	A new level of productivity or effectiveness.
1 2 3	1 2 3	Anxiety that I won't live up to opportunities.
1 2 3	1 2 3	Feeling the tension between young and old.
1 2 3	1 2 3	Concern about the health of those close to me.
1 2 3	1 2 3	Religious and philosophical interests.
1 2 3	1 2 3	Bringing both feeling and rationality into decisions.
1 2 3	1 2 3	Feeling needed by people.
1 2 3	1 2 3	A new level of intimacy.
1 2 3	1 2 3	Looking old.
1 2 3	1 2 3	Thinking a lot about death.
1 2 3	1 2 3	Appreciating my complexity.
1 2 3	1 2 3	Influence in my community or area of interest.

Participant #:_____

Now	Early 50s		1 not at all descriptive	2 somewhat descriptive	3 very descriptive
1 2 3	1 2 3	Doing things for others and then feeling exploited.			
1 2 3	1 2 3	Interest in my family tree or ancestral culture.			
1 2 3	1 2 3	More involvement with my parents and siblings.			
1 2 3	1 2 3	Appreciation and awareness of older people.			
1 2 3	1 2 3	Feeling optimistic and cheerful about the future.			
1 2 3	1 2 3	Worry about the children.			
1 2 3	1 2 3	Effort to ensure that younger people get their chance to develop.			
1 2 3	1 2 3	Searching for a sense of who I am.			
1 2 3	1 2 3	Fears of competition with other women.			
1 2 3	1 2 3	Wishing I had a wider scope to my life.			
1 2 3	1 2 3	Feeling angry at men and masculinity.			
1 2 3	1 2 3	Feeling the importance of time's passing.			
1 2 3	1 2 3	Feeling my personality is set.			
1 2 3	1 2 3	Feeling very much alone.			
1 2 3	1 2 3	Realizing larger patterns of meaning or relationship.			
1 2 3	1 2 3	Reducing the intensity of my achievement efforts.			
1 2 3	1 2 3	More satisfied with what I have, less worried about what I won't get.			
1 2 3	1 2 3	Having a wider perspective.			
1 2 3	1 2 3	Feeling men aren't interested in me.			
1 2 3	1 2 3	Having something to teach young people.			
1 2 3	1 2 3	Depression and resentment or disillusionment.			
1 2 3	1 2 3	Feeling insightful.			
1 2 3	1 2 3	Knowing there are things I'll never do.			
1 2 3	1 2 3	Feeling women are more important to me than they used to be.			
1 2 3	1 2 3	Being able to be myself.			
1 2 3	1 2 3	Feeling I want to protect and keep what is important to me.			
1 2 3	1 2 3	Feeling less attractive than I used to be.			
1 2 3	1 2 3	Having more complex mental frameworks into which I fit new experience.			
1 2 3	1 2 3	Feeling angry at women and femininity.			

Participant #:_____

Now	Early 50s	1 not at all descriptive	2 somewhat descriptive	3 very descriptive
1 2 3	1 2 3	Feeling respected.		
1 2 3	1 2 3	Taking longer to learn new things.		
1 2 3	1 2 3	Interest in things beyond my own family.		
1 2 3	1 2 3	Not being so hard on myself.		
1 2 3	1 2 3	Caring more about fewer people.		
1 2 3	1 2 3	Feeling men are more important to me than they used to be.		
1 2 3	1 2 3	Feeling passé.		
1 2 3	1 2 3	Feeling I understand how the world and other people work.		
1 2 3	1 2 3	Feeling powerful.		
1 2 3	1 2 3	Feeling I will never get myself together.		
1 2 3	1 2 3	Having an accurate view of my powers and limitations.		
1 2 3	1 2 3	Knowing what is important and what is trivial.		
1 2 3	1 2 3	Feeling more confident.		

Participant #:_____

Health

General state of health:

How would you rate your general state of health?
__Poor, __Below average, __Average, __Above average, __Excellent.

How much control do you feel you have over your health?
Very much 5-----4-----3-----2-----1 None at all

How tall are you? _____ How much do you usually weigh? _____
Which of the following do you consider yourself?
__Very underweight__A little underweight__About right__A little overweight __Very overweight.

How many hours of sleep do you need? _____ How many do you get? _____
I have trouble sleeping: __Often __Sometimes, __Rarely. If often, please describe.

Taking care of yourself:

Do you have a regular physician? __Yes __To some extent __No.
Do you have regular check-ups? __Yes __To some extent __No.
Do you perform regular breast exams? __Yes __To some extent __No.
Do you tend to postpone seeing a physician? __Yes __To some extent __No.

In the past year:

How many colds, flus, etc. did you have? _____
How many times did you visit the doctor? _____ Why?

How many visits to the dentist? _____ Why?

Since 1989:

Have you been hospitalized? __No __Yes. If yes, why, when, and for how long?

Have you had surgery? __No __Yes. If yes, what kind and when?

Participant #:_____

Since 1989:

Have you had cosmetic surgery? __No __Yes. If yes, what kind and when?

Have you been in counseling or psychotherapy? __No __Yes. If yes, why, when, and for how long?

Health related personal habits:

I smoke cigarettes:

__ Never;__ Rarely; __ One pack/week; __Half__One __Two packs/day;__More.

For each item below, please check the box that best describes your personal habits.

	Never	Rarely	1/week	2-3/week	4-5/week	More
Eat red meat						
Eat fish						
Eat desserts/sweets						
Exercise vigorously						
Exercise moderately						

	Never	Rarely	2-3/week	1/day	2/day	3/day	More
"Sinful snacks" (e.g. chips)							
Drink "real" coffee or tea							
Drink a glass of beer or wine							
Drink a glass of other alcohol							
Smoke marijuana							

	Never	Rarely	1/week	2/week	1/day	More
Use recreational drugs What?						
Take tranquilizers						
Take sleeping pills						
Take diet pills/stimulants						
Other mood altering drugs What?						

Do you follow any dietary recommendations? __No __Yes. If yes, what are they?

Participant #:_____

Do you follow any alternative medicine recommendations (e.g., herbs or acupuncture)?

Since our last assessment in 1989, have you ever felt (or have others said) that you ought to cut down on your drinking?

__No __Yes. If yes, please explain.

Current health concerns:

We would like to know about your current health concerns. For each of the conditions listed below, please indicate its **degree of severity** and **the degree to which the condition interferes with your daily life.** In addition, we would like you to list the **medications** that you use for the condition. Please use the following scale to make these ratings: 0= This is not a current health concern, 1=Very mild, 2=Mild, 3=Moderate, 4=Severe, 5=Very severe.

Physical Condition	Severity	Interference	Medications
	(0 - 5)	(0 - 5)	Please list
Arthritis			
Back pain			
Cancer What Kind?			
Cataracts			
Diabetes			
Hearing			
Heart disease			
High blood pressure			
Migraine headaches			
Other(s):			

To what extent do aches and pains make your life less pleasant?

Little effect 1-----2-----3-----4-----5 Large effect.

Participant #:_____

Retrospective menopause inquiry:

In retrospect, menopause was:

__Not at all burdensome __Just a little burdensome __Moderately burdensome__Very burdensome.

If there were challenges (i.e. physical and/or emotional) associated with your menopause, what were they?

We all have facets and parts to ourselves. Did menopause influence or change any part(s) of your sense of self?

Are you, or have you ever been, on hormone replacement therapy?

__No __Yes. If yes, What medication did you, or are you, taking?

In what year did you start?_____ Have your been taking medication continuously since this date?

__No __Yes. If no, what year did you end? _____

Why did you stop this therapy?

Overall, what was, or has been, your experience with hormone replacement therapy ?

And finally...

Do you have health worries -- for yourself, your parents, your partner, your children? If so, what are they? Do your parents, or others in your family, have health problems you worry about getting? Please describe.

Have you changed your health habits in any way over the past ten years? __No __Yes. If so, how?

 *Participant number:*_____

In this section, we would like to ask you some questions about your emotional life, in particular, how you control (that is, regulate and manage) your emotions. Although some of the following questions may seem similar to one another, they differ in important ways. For each item, we would like you to first answer with respect to how you are <u>now</u>, and then with respect to how you were <u>in your 20s</u>. Please use the following scale:

1----------2----------3----------4----------5----------6----------7

strongly disagree **neutral** **strongly agree**

NOW	**20s**	
____	____	I tend to control my emotions most of the time.
____	____	When I want to feel more *positive* emotion (such as joy or amusement), I *change what I'm thinking about*.
____	____	I'm careful to seek out people or situations that make me have *positive* feelings.
____	____	I keep my emotions to myself.
____	____	I'm not good at controlling how I express my emotions in the way I talk or behave.
____	____	When I want to feel less *negative* emotion (such as sadness or anger), I *change what I'm thinking about*.
____	____	When I choose friends or activities, I don't think much about how they will make me feel.
____	____	When I am feeling *positive* emotions, I am careful not to express them.
____	____	When I'm faced with a stressful situation, I make myself *think about it* in a way that helps me stay calm.
____	____	I control my emotions by carefully *choosing the situations* I get myself into.
____	____	I control my emotions by *not expressing them*.
____	____	I don't spend much time or effort trying to control my emotions.
____	____	When I want to feel more *positive* emotion, I *change the way I'm thinking* about the situation.
____	____	I'm careful to avoid people or situations that make me have *negative* feelings.
____	____	I almost never try to inhibit my emotional expressions.
____	____	I control my emotions by *changing the way I think* about the situation I'm in.
____	____	How a situation will make me feel is of little concern to me.
____	____	When I am feeling *negative* emotions, I make sure not to express them.
____	____	Overall, I have a great deal of control over my emotions.
____	____	When I want to control my emotions, I'm not likely to *change the way I think about the situation*.
____	____	I control my emotions by *changing the particular situation* I happen to be in.
____	____	I rarely keep myself from expressing my emotions in my face or voice.
____	____	When I want to feel less *negative* emotion, I *change the way I'm thinking* about the situation.

 *Participant number:*_____

1----------2----------3----------4----------5----------6----------7

strongly disagree **neutral** **strongly agree**

NOW	**20s**	
____	____	Whenever I feel positive emotions, people can easily see exactly what I am feeling.
____	____	I sometimes cry during sad movies.
____	____	People often do not know what I am feeling.
____	____	I laugh out loud when someone tells me a joke that I think is funny.
____	____	It is difficult for me to hide my fear.
____	____	When I'm happy, my feelings show.
____	____	My body reacts very strongly to emotional situations.
____	____	I've learned it is better to suppress my anger than to show it.
____	____	No matter how nervous or upset I am, I tend to keep a calm exterior.
____	____	I am an emotionally expressive person.
____	____	I have strong emotions.
____	____	I am sometimes unable to hide my feelings, even though I would like to.
____	____	Whenever I feel negative emotions, people can easily see exactly what I am feeling.
____	____	There have been times when I have not been able to stop crying even though I tried to stop.
____	____	I experience my emotions very strongly.
____	____	What I'm feeling is written all over my face.

1----------2----------3----------4----------5----------6----------7

strongly disagree **neutral** **strongly agree**

People have different kinds of goals. Which ones are important for you?

NOW	20s	***It is very important for me to…***
____	____	get things done.
____	____	have fun.
____	____	be liked and get along with others.
____	____	learn new things about people and the world.
____	____	control the emotions I experience inwardly.
____	____	control the emotions I express outwardly

Here are some questions about specific emotions. Please use the following 1 to 4 rating scale:

1----------2----------3----------4

Not at all **A little** **Pretty well** **Very well**

For each of the following emotions, how well are you able to control what you feel, that is, your inner experience of emotion?

NOW	20s	
____	____	Sadness
____	____	Anxiety
____	____	Joy
____	____	Anger

For each of the following emotions, how well can you control the outward expression, that is, the signs that would let other people know what you are feeling?

NOW	20s	
____	____	Sadness
____	____	Anxiety
____	____	Joy
____	____	Anger

NOTE: This questionnaire was administered after the participant completed the AAI (Adult Attachment Interview).

Case #:_____

Interview Emotion Experiences

In this short questionnaire, we would like to ask you how you felt during this interview. Some women tell us that they experienced all kinds of emotions as they were discussing their childhood and parents. Others report that they felt few, if any, strong emotions. We are wondering about your own experience in this interview. On this page, we would like you to consider five common emotions: joy, sadness, love, anger, and anxiety. We are interested in four particular sections of the interview.

1. Early in the interview you were asked *which parent you felt closest to, and why you didn't feel that way with the other parent*. Please think back to that part of the interview and how you felt at that time. Please try to remember as best you can how you felt. This may be a bit difficult but it might help to first remember what you said in response to that question. Then indicate whether and how much you felt any of the following five emotions during that time during the interview. Just circle the appropriate phrase:

Joy	Not at all	Just a little	Some	A great deal
Sadness	Not at all	Just a little	Some	A great deal
Love	Not at all	Just a little	Some	A great deal
Anger	Not at all	Just a little	Some	A great deal
Anxiety	Not at all	Just a little	Some	A great deal

Was there any other emotion that you felt strongly during that part of the interview not included above? Please describe briefly:

2. The next section in the interview was the one asking about *what you did as a child when you were upset--such as upset emotionally, physically hurt, or ill*. Think back and try to remember as best you can how you felt as you were answering these questions. Then circle the appropriate phrase to indicate how much you felt any of the following five emotions during that time of the interview:

Sadness	Not at all	Just a little	Some	A great deal
Love	Not at all	Just a little	Some	A great deal
Anger	Not at all	Just a little	Some	A great deal
Anxiety	Not at all	Just a little	Some	A great deal
Joy	Not at all	Just a little	Some	A great deal

Again, please describe any other emotion you felt during that part of the interview:

3. The next section of the interview we would like you to consider asked specifically about *losses of parents and other persons important to you that you have experienced.* Please think back to that section and indicate how you felt:

Joy	Not at all	Just a little	Some	A great deal
Sadness	Not at all	Just a little	Some	A great deal
Love	Not at all	Just a little	Some	A great deal
Anger	Not at all	Just a little	Some	A great deal
Anxiety	Not at all	Just a little	Some	A great deal

Any <u>other</u> emotion you felt during that part of the interview?

4. The last section we like you to consider is the time when you described *your relationship with your parents (or your remaining parent)* ***during your adulthood.*** How did you feel as you were talking about that?

Joy	Not at all	Just a little	Some	A great deal
Sadness	Not at all	Just a little	Some	A great deal
Love	Not at all	Just a little	Some	A great deal
Anger	Not at all	Just a little	Some	A great deal
Anxiety	Not at all	Just a little	Some	A great deal

Any <u>other</u> emotion you felt during that part of the interview?

5. Now, please look back at the interview as a whole. We are wondering whether there were any times when you felt:

(a) **embarrassment**? If so, please describe briefly when that was in the interview.

How much embarrassment
did you feel at that time? None at all Just a little Some A great deal

(b) Can you remember any times when you felt **contempt** for someone you were talking about? If so, please describe when?

How much contempt
did you feel at that time? None at all Just a little Some A great deal

(c) Can you remember any times went you felt **pride**? If so, **when** in the interview?

How much pride
did you feel at that time? None at all Just a little Some A great deal

(d) Was there any time during the interview when you felt **surprise**? If so, please describe when?

How surprised
did you feel at that time? Not at all Just a little Somewhat Very

6. Some women tell us that there were a number of times during this interview when they tried to control, regulate, or manage their emotions. Other women tell us that they didn't really ever try to regulate their emotions during the interview. Overall, how much would you say you tried to regulate your emotions during this interview?

Not at all=**1** **2** **3** **4** **5** **6** **7**=very much

b. Please give an **example** of a time during the interview when you tried to regulate your emotions. Please describe briefly **when** that happened and **what emotion(s)** you tried to regulate:

c. **What** were you trying to achieve when you were regulating your emotions at this point? That is, what was your **goal**?

d. **How** did you go about regulating your emotions? That is, what exactly did you <u>do</u> in order to regulate your emotions?

e. How **easy** was it for you to do this? Please circle the appropriate response:

Not-at-all Fairly Quite Very

10. DIGIT SYMBOL

SCORE

SAMPLES

2	1	3	7	2	4	8	2	1	3	2	1	4	2	3	5	2	3	1	4	5	6	3	1	4

1	5	4	2	7	6	3	5	7	2	8	5	4	6	3	7	2	8	1	9	5	8	4	7	3

6	2	5	1	9	2	8	3	7	4	6	5	9	4	8	3	7	2	6	1	5	4	6	3	7

9	2	8	1	7	9	4	6	8	5	9	7	1	8	5	2	9	4	8	6	3	7	9	8	6

Participant # _____

Score Sheet – Rey AVLT

C Number of words correctly recalled
RC Number of words repeated where S subsequently corrects herself
RQ Number of words repeated where S subsequently questions whether she has repeated the word but remains unsure
R Total number of words repeated: RC + RQ + other repeats

EC Confabulations (words that don't exist)
EA Semantic associations (e.g., farm for farmer, cap for hat)
E Total errors (words not on the list): EC + EA + other errors

Intrusions A to B = words from List A that are recalled in response to the B trial
Intrusions B to A = words from List B that are recalled in response to Trial VI

Score Category	Trial I	Trial II	Trial III	Trial IV	Trial V	Total Score I-V
C						
RC						
RQ						
R						
EC						
EA						
E						

Score Category	B-List	Trial VI
C		
RC		
RQ		
R		
EC		
EA		
E		
Intrusions A to B		----------
Intrusions B to A (Trial VI)	----------	

RAVLT Sheet (Assessor fills out)

Participant number:_____

List A	List B	List C
Drum	Desk	Book
Curtain	Ranger	Flower
Bell	Bird	Train
Coffee	Shoe	Rug
School	Stove	Meadow
Parent	Mountain	Harp
Moon	Glasses	Salt
Garden	Towel	Finger
Hat	Cloud	Apple
Farmer	Boat	Chimney
Nose	Lamb	Button
Turkey	Gun	Log
Color	Pencil	Key
House	Church	Rattle
River	Fish	Gold

Responses...

Trial I: (List A)	Trial II: (List A)	Trial III: (List A)
1._____	1._____	1._____
2._____	2._____	2._____
3._____	3._____	3._____
4._____	4._____	4._____
5._____	5._____	5._____
6._____	6._____	6._____
7._____	7._____	7._____
8._____	8._____	8._____
9._____	9._____	9._____
10._____	10._____	10._____
11._____	11._____	11._____
12._____	12._____	12._____
13._____	13._____	13._____
14._____	14._____	14._____
15._____	15._____	15._____
16._____	16._____	16._____
17._____	17._____	17._____
18._____	18._____	18._____
19._____	19._____	19._____
20._____	20._____	20._____

Trial IV: (List A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Trial V: (List A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

B-List Trial

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Trial VI: (List A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Participant #:_____

Sentence Completion Test for Women (Form 81)

Instructions: Complete the following sentences.

1. When a child will not join in group activities

2. Raising a family

3. When I am criticized

4. A man's job

5. Being with other people

6. The thing I like about myself is

7. My mother and I

8. What gets me into trouble is

9. Education

10. When people are helpless

11. Women are lucky because

12. A good father

13. A girl has a right to

14. When they talked about sex, I

15. A wife should

16. I feel sorry

17. A man feels good when

18. Rules are

SEE OTHER SIDE ⇒

Participant #:_____

19. Crime and delinquency could be halted if

20. Men are lucky because

21. I just can't stand people who

22. At times she worried about

23. I am

24. A woman feels good when

25. My main problem

26. A husband has a right to

27. The worst thing about being a woman

28. A good mother

29. When I am with a man

30. Sometimes she wished that

31. My father

32. If I can't get what I want

33. Usually she felt that sex

34. For a woman a career is

35. My conscience bothers me if

36. A woman should always

ACL

Adjective Check List

Participant #: _____

Directions: This questionnaire contains a list of adjectives. Please read them quickly and put an **X** in the box beside each one you would consider to be self-descriptive. Do not worry about duplications, contradictions, and so forth. Work quickly and do not spend too much time on any one adjective. Try to be frank, and check those adjectives which describe you as you really are, not as you would like to be.

_____	absent-minded	_____	civilized	_____	determined
_____	active	_____	clear-thinking	_____	dignified
_____	adaptable	_____	clever	_____	discreet
_____	adventurous	_____	coarse	_____	disorderly
_____	affected	_____	cold	_____	dissatisfied
_____	affectionate	_____	commonplace	_____	distractible
_____	aggressive	_____	complaining	_____	distrustful
_____	alert	_____	complicated	_____	dominant
_____	aloof	_____	conceited	_____	dreamy
_____	ambitious	_____	confident	_____	dull
_____	anxious	_____	confused	_____	easy-going
_____	apathetic	_____	conscientious	_____	effeminate
_____	appreciative	_____	conservative	_____	efficient
_____	argumentative	_____	considerate	_____	egotistical
_____	arrogant	_____	contented	_____	emotional
_____	artistic	_____	conventional	_____	energetic
_____	assertive	_____	cool	_____	enterprising
_____	attractive	_____	cooperative	_____	enthusiastic
_____	autocratic	_____	courageous	_____	evasive
_____	awkward	_____	cowardly	_____	excitable
_____	bitter	_____	cruel	_____	fair-minded
_____	blustery	_____	curious	_____	fault-finding
_____	boastful	_____	cynical	_____	fearful
_____	bossy	_____	daring	_____	feminine
_____	calm	_____	deceitful	_____	fickle
_____	capable	_____	defensive	_____	flirtatious
_____	careless	_____	deliberate	_____	foolish
_____	cautious	_____	demanding	_____	forceful
_____	changeable	_____	dependable		
_____	charming	_____	dependent		
_____	cheerful	_____	despondent		

_____ foresighted
_____ forgetful
_____ forgiving
_____ formal
_____ frank
_____ friendly
_____ frivolous
_____ fussy
_____ generous
_____ gentle
_____ gloomy
_____ good-looking
_____ good-natured
_____ greedy
_____ handsome
_____ hard-headed
_____ hard-hearted
_____ hasty
_____ headstrong
_____ healthy
_____ helpful
_____ high-strung
_____ honest
_____ hostile
_____ humorous
_____ hurried
_____ idealistic
_____ imaginative
_____ immature
_____ impatient
_____ impulsive
_____ independent
_____ indifferent
_____ individualistic
_____ industrious

_____ infantile
_____ informal
_____ ingenious
_____ inhibited
_____ initiative
_____ insightful
_____ intelligent
_____ interests narrow
_____ interests wide
_____ intolerant
_____ inventive
_____ irresponsible
_____ irritable
_____ jolly
_____ kind
_____ lazy
_____ leisurely
_____ logical
_____ loud
_____ loyal
_____ mannerly
_____ masculine
_____ mature
_____ meek
_____ methodical
_____ mild
_____ mischievous
_____ moderate
_____ modest
_____ moody
_____ nagging
_____ natural
_____ nervous
_____ noisy
_____ obliging

_____ obnoxious
_____ opinionated
_____ opportunistic
_____ optimistic
_____ organized
_____ original
_____ outgoing
_____ outspoken
_____ painstaking
_____ patient
_____ peaceable
_____ peculiar
_____ persevering
_____ persistent
_____ pessimistic
_____ planful
_____ pleasant
_____ pleasure-seeking
_____ poised
_____ polished
_____ practical
_____ praising
_____ precise
_____ prejudiced
_____ preoccupied
_____ progressive
_____ prudish
_____ quarrelsome
_____ queer
_____ quick
_____ quiet
_____ quitting
_____ rational
_____ rattlebrained
_____ realistic

_____ reasonable
_____ rebellious
_____ reckless
_____ reflective
_____ relaxed
_____ reliable
_____ resentful
_____ reserved
_____ resourceful
_____ responsible
_____ restless
_____ retiring
_____ rigid
_____ robust
_____ rude
_____ sarcastic
_____ self-centered
_____ self-confident
_____ self-controlled
_____ self-denying
_____ self-pitying
_____ self-punishing
_____ self-seeking
_____ selfish
_____ sensitive
_____ sentimental
_____ serious
_____ severe
_____ sexy
_____ shallow
_____ sharp-witted
_____ shiftless
_____ show-off
_____ shrewd
_____ shy
_____ silent
_____ simple
_____ sincere
_____ slipshod
_____ slow
_____ sly
_____ smug
_____ snobbish
_____ sociable
_____ soft-hearted
_____ sophisticated
_____ spendthrift
_____ spineless
_____ spontaneous
_____ spunky
_____ stable
_____ steady
_____ stern
_____ stingy
_____ stolid
_____ strong
_____ stubborn
_____ submissive
_____ suggestible
_____ sulky
_____ superstitious
_____ suspicious
_____ sympathetic
_____ tactful
_____ talkative
_____ temperamental
_____ tense
_____ thankless
_____ thorough
_____ thoughtful
_____ thrifty
_____ timid
_____ tolerant
_____ touchy
_____ tough
_____ trusting
_____ unaffected
_____ unambitious
_____ unassuming
_____ unconventional
_____ undependable
_____ understanding
_____ unemotional
_____ unexcitable
_____ unfriendly
_____ unintelligent
_____ unkind
_____ unrealistic
_____ unscrupulous
_____ unselfish
_____ unstable
_____ vindictive
_____ versatile
_____ warm
_____ wary
_____ weak
_____ whiny
_____ wholesome
_____ wise
_____ withdrawn
_____ witty
_____ worrying
_____ zany