

0	1	2	3	4	5
Does not Apply	Never	Seldom	Sometimes	Usually	Always

<i>Check the number that applies</i> _____	0	1	2	3	4	5
• I focus on what not to do						
• The approval of others is important						
• I am vigilant						
• I am suspicious of others						
• Bad breaks are meant for me						
• I have <u>no</u> clear goals						
• Routine activities keep me from my goals						
• I give up on projects when I encounter difficulty						
• If I am playing poorly, I quit on my round						
• I get bogged down in life's small things						
• I am critical of others						
• I tend to focus on the success of others						
• I need to see immediate results						
• I spend time focused on correcting problems						
• I over-react to small things						
• I judge others harshly						
• I dwell on problems	0	1	2	3	4	5
• I give up easily						
• I get bogged down with obstacles that block my goals						
• I have trouble motivating myself						
• I awaken 2 to 3 hours early						
• I have feelings of hopelessness						
• I have feelings of helplessness						
• I picture myself not having success						
• I am critical of myself						
• I need to look good for others						
• I question my decisions						
• I have no appetite						
• I avoid social situations						
• Criticism bothers me						
• Small problems occupy my time						
• I am impatient						
• My thoughts are on the past						
• I am nonassertive						
• I feel frustrated or angry						
• If my team is not playing well, I give up on them						
• I thrive on the approval of others						