



		DISAGREE COMPLETELY				AGREE COMPLETELY		
1	I'm usually able to control other people	1	2	3	4	5	6	7
2	Generally, I don't take notice of other people's emotions	1	2	3	4	5	6	7
3	When I receive wonderful news, I find it difficult to calm down quickly	1	2	3	4	5	6	7
4	I tend to see difficulties in everything	1	2	3	4	5	6	7
5	On the whole, I have a gloomy point of view on most things	1	2	3	4	5	6	7
6	I don't have a lot of happy memories	1	2	3	4	5	6	7
7	Understanding the needs and desires of others is not difficult for me	1	2	3	4	5	6	7
8	I generally believe that things will work out fine in my life	1	2	3	4	5	6	7
9	I often find it difficult to recognise what emotion I'm feeling	1	2	3	4	5	6	7
10	I'm not socially skilled	1	2	3	4	5	6	7
11	I find it difficult to tell others that I love them even when I want to	1	2	3	4	5	6	7
12	Others admire me for being relaxed	1	2	3	4	5	6	7
13	I rarely think about old friends from the past	1	2	3	4	5	6	7
14	Generally, I find it easy to tell others how much they really mean to me	1	2	3	4	5	6	7
15	Generally, I need to be under pressure to really work hard	1	2	3	4	5	6	7
16	I tend to get involved in things I later wish I could get out of	1	2	3	4	5	6	7
17	I'm able to 'read' most people's feelings like an open book	1	2	3	4	5	6	7
18	I'm usually able to influence the way other people feel	1	2	3	4	5	6	7
19	I normally find it difficult to calm angry people down	1	2	3	4	5	6	7
20	I find it difficult to take control of situations at home	1	2	3	4	5	6	7
21	I generally hope for the best	1	2	3	4	5	6	7
22	Others tell me that they admire me for my honesty	1	2	3	4	5	6	7
23	I really don't like listening to my friends' problems	1	2	3	4	5	6	7
24	I'm normally able to 'get into someone else's shoes' and experience their emotions	1	2	3	4	5	6	7
25	I believe I'm full of weaknesses	1	2	3	4	5	6	7
26	I find it difficult to give up things I know and like	1	2	3	4	5	6	7
27	I always find ways to show my affection to others when I want to	1	2	3	4	5	6	7
28	I feel that I have a number of good qualities	1	2	3	4	5	6	7
29	I tend to rush into things without much planning	1	2	3	4	5	6	7
30	I find it difficult to speak about my intimate feelings even to my closest friends	1	2	3	4	5	6	7
31	I'm not able to do things as well as most people	1	2	3	4	5	6	7
32	I'm never really sure what I'm feeling	1	2	3	4	5	6	7
33	I'm usually able to show my emotions when I want to	1	2	3	4	5	6	7
34	When I disagree with someone, I usually find it easy to say so	1	2	3	4	5	6	7

		DISAGREE COMPLETELY					AGREE COMPLETELY	
35	I normally find it difficult to keep myself motivated	1	2	3	4	5	6	7
36	I know how to get rid of my negative moods	1	2	3	4	5	6	7
37	On the whole, I find it difficult to describe my feelings	1	2	3	4	5	6	7
38	I find it difficult not to feel sad when someone tells me about something bad that happened to them	1	2	3	4	5	6	7
39	When something surprises me, I find it difficult to get it out of my mind	1	2	3	4	5	6	7
40	I often pause and think about my feelings	1	2	3	4	5	6	7
41	I tend to see the glass as half-empty rather than as half-full	1	2	3	4	5	6	7
42	I often find it difficult to see things from another person's point of view	1	2	3	4	5	6	7
43	I'm a follower, not a leader	1	2	3	4	5	6	7
44	Those close to me often complain that I don't treat them right	1	2	3	4	5	6	7
45	Many times, I find it difficult to know what emotion I am feeling	1	2	3	4	5	6	7
46	I couldn't affect other people's feelings even if I wanted to	1	2	3	4	5	6	7
47	If I'm jealous of someone, I find it difficult not to behave badly towards them	1	2	3	4	5	6	7
48	I get stressed by situations that others find comfortable	1	2	3	4	5	6	7
49	I find it difficult to sympathise with other people's problems	1	2	3	4	5	6	7
50	In the past, I have taken credit for someone else's ideas	1	2	3	4	5	6	7
51	On the whole, I cope well with change	1	2	3	4	5	6	7
52	I am unable to change the way other people feel	1	2	3	4	5	6	7
53	I have many reasons for not giving up easily	1	2	3	4	5	6	7
54	I like putting effort even into things that are not really important	1	2	3	4	5	6	7
55	I always take responsibility when I do something wrong	1	2	3	4	5	6	7
56	I tend to change my mind frequently	1	2	3	4	5	6	7
57	When I argue with someone, I can only see my point of view	1	2	3	4	5	6	7
58	Things tend to turn out right in the end	1	2	3	4	5	6	7
59	When I disagree with someone, I generally prefer to remain silent rather than make a scene	1	2	3	4	5	6	7
60	If I wanted to, it would be easy for me to make someone feel bad	1	2	3	4	5	6	7
61	I would describe myself as a calm person	1	2	3	4	5	6	7
62	I often find it difficult to show my affection to those close to me	1	2	3	4	5	6	7
63	There are many reasons to expect the worst in life	1	2	3	4	5	6	7
64	I usually find it difficult to express myself clearly	1	2	3	4	5	6	7
65	I don't mind frequently changing my daily routine	1	2	3	4	5	6	7
66	Most people are better liked than I am	1	2	3	4	5	6	7
67	Those close to me rarely complain about how I behave towards them	1	2	3	4	5	6	7

		DISAGREE COMPLETELY					AGREE COMPLETELY	
68	I usually find it difficult to show my emotions the way I would like to	1	2	3	4	5	6	7
69	Generally, I'm able to adapt to new situations	1	2	3	4	5	6	7
70	I often find it difficult to adjust my life according to what is happening	1	2	3	4	5	6	7
71	I would describe myself as a good negotiator	1	2	3	4	5	6	7
72	I can deal well with people	1	2	3	4	5	6	7
73	On the whole, I'm a highly motivated person	1	2	3	4	5	6	7
74	I have stolen things in the past	1	2	3	4	5	6	7
75	On the whole, I'm pleased with my life	1	2	3	4	5	6	7
76	I find it difficult to control myself when I'm extremely happy	1	2	3	4	5	6	7
77	Sometimes, it feels like I'm producing a lot of good work effortlessly	1	2	3	4	5	6	7
78	When I take a decision, I'm always sure it is the right one	1	2	3	4	5	6	7
79	If I went on a blind date, the other person would be disappointed with my looks	1	2	3	4	5	6	7
80	I normally find it difficult to adjust my behaviour according to the people I'm with	1	2	3	4	5	6	7
81	On the whole, I'm able to identify myself with others	1	2	3	4	5	6	7
82	I try to control my stress levels	1	2	3	4	5	6	7
83	I don't think I'm a useless person	1	2	3	4	5	6	7
84	I usually find it difficult to balance my emotions	1	2	3	4	5	6	7
85	I can handle most difficulties in my life in a cool and calm manner	1	2	3	4	5	6	7
86	If I wanted to, it would be easy for me to make someone angry	1	2	3	4	5	6	7
87	On the whole, I like myself	1	2	3	4	5	6	7
88	I believe I'm full of personal strengths	1	2	3	4	5	6	7
89	I generally don't find life enjoyable	1	2	3	4	5	6	7
90	I'm usually able to calm down quickly after I've got mad at someone	1	2	3	4	5	6	7
91	I can remain calm even when I'm extremely happy	1	2	3	4	5	6	7
92	Generally, I'm not good at comforting others when they feel bad	1	2	3	4	5	6	7
93	I'm usually able to settle arguments	1	2	3	4	5	6	7
94	I never put pleasure before work	1	2	3	4	5	6	7
95	Imagining myself in someone else's position is not difficult for me	1	2	3	4	5	6	7
96	I need a lot of self-control to keep myself out of trouble	1	2	3	4	5	6	7
97	It is easy for me to find the right words to describe my feelings	1	2	3	4	5	6	7
98	I expect that most of my life will be enjoyable	1	2	3	4	5	6	7
99	I am an ordinary person	1	2	3	4	5	6	7
100	I tend to get 'carried away' easily	1	2	3	4	5	6	7

		DISAGREE COMPLETELY				AGREE COMPLETELY		
101	I usually try to avoid negative thoughts and think of positive alternatives	1	2	3	4	5	6	7
102	I don't like planning ahead	1	2	3	4	5	6	7
103	Just by looking at somebody, I can understand what he or she feels	1	2	3	4	5	6	7
104	Life is beautiful	1	2	3	4	5	6	7
105	I normally find it easy to calm down after I have been scared	1	2	3	4	5	6	7
106	I want to be in charge of things	1	2	3	4	5	6	7
107	I usually find it difficult to change other people's opinions	1	2	3	4	5	6	7
108	I'm generally good at social chit-chat	1	2	3	4	5	6	7
109	Controlling myself is not very difficult for me	1	2	3	4	5	6	7
110	I really don't like my physical appearance	1	2	3	4	5	6	7
111	I tend to speak well and clearly	1	2	3	4	5	6	7
112	On the whole, I'm not satisfied with how I cope with stress	1	2	3	4	5	6	7
113	Most of the time, I know exactly why I feel the way I do	1	2	3	4	5	6	7
114	I find it difficult to calm down after I have been strongly surprised	1	2	3	4	5	6	7
115	On the whole, I would describe myself as assertive	1	2	3	4	5	6	7
116	On the whole, I'm not a happy person	1	2	3	4	5	6	7
117	When someone offends me, I'm usually able to remain calm	1	2	3	4	5	6	7
118	Most of the things I manage to do well seem to require a lot of effort	1	2	3	4	5	6	7
119	I have never lied to save someone from feeling hurt	1	2	3	4	5	6	7
120	I find it difficult to connect well even with those close to me	1	2	3	4	5	6	7
121	I consider all the advantages and disadvantages before making up my mind	1	2	3	4	5	6	7
122	I don't know how to make others feel better when they need it	1	2	3	4	5	6	7
123	I usually find it difficult to change my attitudes and views	1	2	3	4	5	6	7
124	Others tell me that I rarely speak about how I feel	1	2	3	4	5	6	7
125	On the whole, I'm satisfied with my close relationships	1	2	3	4	5	6	7
126	I can identify an emotion from the moment it starts to develop in me	1	2	3	4	5	6	7
127	On the whole, I like to put other people's interests above mine	1	2	3	4	5	6	7
128	Most days, I feel great to be alive	1	2	3	4	5	6	7
129	I tend to get a lot of pleasure just from doing something well	1	2	3	4	5	6	7
130	It is very important to me to get along with all my close friends and family	1	2	3	4	5	6	7
131	I frequently have happy thoughts	1	2	3	4	5	6	7
132	I have many strong arguments with those close to me	1	2	3	4	5	6	7
133	Showing my emotions with words is not difficult for me	1	2	3	4	5	6	7

		DISAGREE COMPLETELY							AGREE COMPLETELY						
134	I find it difficult to take pleasure in life	1	2	3	4	5	6	7	1	2	3	4	5	6	7
135	I'm usually able to influence other people	1	2	3	4	5	6	7	1	2	3	4	5	6	7
136	When I'm under pressure, I tend to lose my calmness	1	2	3	4	5	6	7	1	2	3	4	5	6	7
137	I usually find it difficult to change my behaviour	1	2	3	4	5	6	7	1	2	3	4	5	6	7
138	Others look up to me	1	2	3	4	5	6	7	1	2	3	4	5	6	7
139	Others tell me that I get stressed very easily	1	2	3	4	5	6	7	1	2	3	4	5	6	7
140	I'm usually able to find ways to control my emotions when I want to	1	2	3	4	5	6	7	1	2	3	4	5	6	7
141	I believe that I would make a good salesman	1	2	3	4	5	6	7	1	2	3	4	5	6	7
142	I lost interest in what I do quite easily	1	2	3	4	5	6	7	1	2	3	4	5	6	7
143	I have many routines	1	2	3	4	5	6	7	1	2	3	4	5	6	7
144	I would normally defend my opinions even if it meant arguing with important people	1	2	3	4	5	6	7	1	2	3	4	5	6	7
145	I would describe myself as a flexible person	1	2	3	4	5	6	7	1	2	3	4	5	6	7
146	Generally, I need a lot of encouragement in order to do my best	1	2	3	4	5	6	7	1	2	3	4	5	6	7
147	Even when I'm arguing with someone, I'm usually able to take their point of view	1	2	3	4	5	6	7	1	2	3	4	5	6	7
148	On the whole, I'm able to deal with stress	1	2	3	4	5	6	7	1	2	3	4	5	6	7
149	I try to avoid people who may stress me out	1	2	3	4	5	6	7	1	2	3	4	5	6	7
150	I often do things without considering all the consequences	1	2	3	4	5	6	7	1	2	3	4	5	6	7
151	I tend to 'back down' even if I know I'm right	1	2	3	4	5	6	7	1	2	3	4	5	6	7
152	I find it difficult to take control of situations at school	1	2	3	4	5	6	7	1	2	3	4	5	6	7
153	Some of my responses on this questionnaire are not 100% honest	1	2	3	4	5	6	7	1	2	3	4	5	6	7

