

PERSONALITY

Based on a brief version of a questionnaire about the Big Five personality traits by Samuel Gosling and colleagues at the University of Texas.⁶

1 2 3 4 5 6 7

1) Strongly disagree

2) Disagree

3) Somewhat disagree

4) Neither agree nor disagree

5) Somewhat agree

6) Agree

7) Strongly agree

I see myself as:

1. Extraverted, socially dominant, full of enthusiasm _____

2. NOT shy or reserved _____

3. NOT overly critical and argumentative _____

4. Sympathetic and warm _____

5. Open to new experiences _____

6. Unconventional and creative _____

7. Well organized, careful, and responsible _____

8. Dependable and self-disciplined _____

9. Emotionally unstable _____

10. Easily upset, sometimes anxious or depressed _____

- If you received high scores on questions 1 and 2, you are Extroverted.
- If you received high scores on questions 3 and 4, you are Agreeable.
- If you received high scores on questions 5 and 6, you are Open.

- If you received high scores on questions 7 and 8, you are Conscientious.
- If you received high scores on questions 9 and 10, you are Neurotic.

SCHEMAS

Instructions: Listed here are statements that a person might use to describe himself or herself. Please read each

statement and decide how well it describes you.

Rating scale

- 1) Completely untrue of me
- 2) Mostly untrue of me
- 3) Slightly true of me
- 4) Moderately true of me
- 5) Mostly true of me
- 6) Describes me perfectly

Ashamed

(Rating Scale: 1 = Completely untrue of me; 6 = Describes me perfectly)

- _____ No one that I loved could really love me knowing my problems.
- _____ I am inherently flawed and defective.
- _____ I am attracted to people who are very critical of me.

Enmeshed

(Rating Scale: 1 = Completely untrue of me; 6 = Describes me perfectly)

- _____ My parent(s) and I are over involved in each other's problems.
- _____ I often feel that I do not have a separate identity from my parent(s) or partner.
- _____ I am so involved with my partner or parent(s) that I do not really know who I am or what I want.

Failure

(Rating Scale: 1 = Completely untrue of me; 6 = Describes me perfectly)

- _____ Most other people are more capable than I am.
- _____ I am a failure.
- _____ I often compare my accomplishments with others and can see that they have succeeded far more than me.

Entitled

(Rating Scale: 1 = Completely untrue of me; 6 = Describes me perfectly)

- _____ I have a lot of trouble accepting "no" for an answer when I want something from other people.
- _____ I feel that what I have to offer is of greater value than the contributions of others.
- _____ People often tell me I am very controlling about the ways things are done.

Impulsive

(Rating Scale: 1 = Completely untrue of me; 6 = Describes me perfectly)

- _____ I cannot seem to discipline myself to complete routine or boring tasks.
- _____ Often I allow myself to behave impulsively and express emotions that get me into trouble or hurt other people.
- _____ When tasks become difficult, I usually cannot persevere and complete them.

Self-Sacrificing

(Rating Scale: 1 = Completely untrue of me; 6 = Describes me perfectly)

- _____ I put others' wishes before my own, or else I feel guilty.

- _____ I give more to other people than I get back in return.
_____ I'm so busy doing for the people whom I care about that I have little time for myself.

Dependent

(Rating Scale: 1 = Completely untrue of me; 6 = Describes me perfectly)

- _____ I need other people to help me get by.
_____ I believe that other people can take care of me better than I can take care of myself.
_____ I need someone I can rely on to give me advice about everyday issues.

Perfectionistic

(Rating Scale: 1 = Completely untrue of me; 6 = Describes me perfectly)

- _____ I must be the best at what I do; I cannot accept second best.
_____ I strive to keep almost everything in perfect order.
_____ I cannot let myself off the hook easily or make excuses for my mistakes.

Scoring: Add up the scores for each individual schema. If scores for one particular schema are greater than 15, work may need to be done to decrease the negative impact of that schema.