

# IS THIS ME?

After each description, carefully ask yourself the question, "Is this me?" Place a number in the blank to the right of the statement. Use all the numbers between one and ten.

10 = very much like me   5 = could be me   1 = not true of me at all

Characteristic	Rating
Feel positive about myself	
Very critical of other people	
Am spontaneous	
Am a leader	
Full of energy	
Can be trusted	
Am impulsive	
Am relaxed	
Am honest	
Am a good brother or sister	
Am an understanding person	
Am a submissive person	
Am an independent person	
Am patient	
Am a perceptive person	

Characteristic	Rating
I like all people	
Very critical of myself	
Am a follower	
Am a good son or daughter	
Hard working	
Ready to help	
Am creative	
Am secure	
Am a good athlete	
Am a loyal friend	
Am a self-motivated person	
Am a good sport	
Am self-analytical	
Am capable	
Well-liked by others	