

Attitude Check-Up

Answer (T) rue or (F)alse on what seems most often true for you.
(There are no right or wrong answers. It is just to make you think.)

1. ___ I get very upset when others criticize me.
2. ___ I should give up my own interest to please others.
3. ___ I always do what a friend wants me to, event when I don't want to.
4. ___ I am sad when I can't please everyone.
5. ___ I feel threatened when someone doesn't like me.
6. ___ I feels something is wrong with me if people don't like me.
7. ___ No one really likes me unless I do what they want.
8. ___ I often fear losing my friends.
9. ___ Being alone is awful to me.
10. ___ When someone doesn't like me, I don't like myself.
11. ___ If others reject me I feel something is wrong with me.
12. ___ If I love someone and they don't love me back, I feel unlovable.
13. ___ I feel few people really like me.
14. ___ I feel few people really love me.
15. ___ I suspect one of my parents didn't love me.
16. ___ I feel hurried much of the time.
17. ___ I can't stand to lose at a game.
18. ___ Being average to me is being a failure.
19. ___ When I don't do as well as others I feel like a failure.
20. ___ The more work I get done the better I feel.
21. ___ I hardly ever relax.
22. ___ Nobody likes a loser.
23. ___ I don't want anyone to know my weaknesses.
24. ___ If I can't do something well, I'd rather not do it at all.
25. ___ I try to be the best at everything I do.
26. ___ I get upset when I makes mistakes.
27. ___ Being second best isn't good enough. It bothers me.
28. ___ It makes me nervous for a supervisor to watch me work.
29. ___ I always strive for perfection.
30. ___ The world is basically unfair.
31. ___ I get angry when I am criticized.
32. ___ I get angry when people look down on me.
33. ___ When I am good I deserve to be rewarded.
34. ___ I feel like life has cheated me much of the time.
35. ___ I deserve more breaks than I've been given.
36. ___ Sometimes I feel God is unfair.
37. ___ When I'm bad I think I deserve to be punished.
38. ___ I feel responsible when other people fail.
39. ___ When someone is mad at me, I feel to blame.
40. ___ I feel I was made for a special purpose.
41. ___ I would like to be a hero.
42. ___ If it weren't for me I don't know how some people would get by.
43. ___ I should be more successful than I am.

44. ___ I feel like a failure sometimes.
45. ___ I am almost always right.
46. ___ If I were better looking I'd be happier.
47. ___ When I get depressed it's probably a chemical imbalance.
48. ___ Some people make me mad and I can't help it.
49. ___ I feel sad sometimes for no apparent reason.
50. ___ I be happy to have medication to make me less moody.
51. ___ My moods are unpredictable and uncontrollable.
52. ___ I believe I can change my moods.
53. ___ I am unhappy much of the time.
54. ___ I am happy most of the time.
55. ___ I get depressed from time to time.

How many statements are true for you?

How many statements are false for you?

Which is greater?

What do you think that means?

Are you a happy person? Why?

Are you sad more often than happy? Why?

What one thing would make your life happier? Why?

If you could change anything about yourself, what would it be? Why?

Do you wake up happy or grumpy most days? Why?