**Questionnaire**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Always | Frequently | Sometimes | Rarely | Never |
|  |  | 4 | 3 | 2 | 1 | 0 |
| 1A | I tend to do things as quickly as possible |  |  |  |  |  |
| 1B | I feel responsible for making others feel good especially if I’m doing something that affects them |  |  |  |  |  |
| 1C | I try to hide my feelings in front of others |  |  |  |  |  |
| 1D | Whenever I do something, I demand perfection from myself, even if I have to spend a lot of time doing it. |  |  |  |  |  |
| 1E | I experience more problems getting things done than a lot of other people I know. |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 2A | I speak quickly and people have some difficulty in following what I am saying |  |  |  |  |  |
| 2B | It is difficult for me to say “no” when I am asked to do something I don’t really want to do |  |  |  |  |  |
| 2C | I endure things quietly and without complaining |  |  |  |  |  |
| 2D | I try to use words correctly without making careless mistakes |  |  |  |  |  |
| 2E | Life has not been easy and success requires a lot of hard work |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 3A | I just don’t have enough time to do the things I want to do |  |  |  |  |  |
| 3B | Since I was small I have tended to put other people first |  |  |  |  |  |
| 3C | When I have made a decision I really hate to have to change my mind |  |  |  |  |  |
| 3D | When I pass on information I do it with great care so that that people will understand exactly what I want to say and won’t need to alter the meaning of my words |  |  |  |  |  |
| 3E | When I’m talking or involved in something, I do find it difficult to remain objective and give direct answers |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 4A | I leave everything to the last minute and then I start to get panicky as time runs out on me |  |  |  |  |  |
| 4B | I have a strong need to be loved or liked by people |  |  |  |  |  |
| 4C | I don’t believe in asking for help – I prefer to be self-sufficient |  |  |  |  |  |
| 4D | Even when I do something well, I still think I could have done better |  |  |  |  |  |
| 4E | It’s all too easy to simplify matters. Most things are more complicated than they appear at face value |  |  |  |  |  |
|  |  | Always | Frequently | Sometimes | Rarely | Never |
|  |  | 4 | 3 | 2 | 1 | 0 |
| 5A | When I am doing something, I find that I am already thinking about what I have to do next |  |  |  |  |  |
| 5B | I am concerned about what people will say or think whenever I am doing something |  |  |  |  |  |
| 5C | When everyone gets excited, I keep cool to give them support |  |  |  |  |  |
| 5D | When I do try to be positive, I find that I end up being negative |  |  |  |  |  |
| 5E | It is difficult to complete things because there are always so many alternative solutions |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 6A | I believe it arriving early for meetings and appointments |  |  |  |  |  |
| 6B | I expect people to understand when I need something without having to ask for it |  |  |  |  |  |
| 6C | I hate to be protected |  |  |  |  |  |
| 6D | I hate to see things out of place and I can’t stand untidy clothing |  |  |  |  |  |
| 6E | I really do try very hard and yet things still don’t turn out the way I want |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 7A | I get impatient waiting for other people to finish their tasks so I end up doing the job myself |  |  |  |  |  |
| 7B | I like folks to care for me, I expect other people to make me feel good |  |  |  |  |  |
| 7C | When someone gets emotional, I either become impatient with them or joke about it |  |  |  |  |  |
| 7D | I don’t find it easy to tolerate other people’s mistakes, or accept excuses |  |  |  |  |  |
| 7E | I really value those things that are attained through great effort |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 8A | While others are talking or doing something, I find it hard to remains till and I tend to fidget or become agitated |  |  |  |  |  |
| 8B | I find that I do look away from people when I answer their questions |  |  |  |  |  |
| 8C | The more a person can endure, the more they are worthy of my admiration |  |  |  |  |  |
| 8D | I find it necessary to correct people because they are careless or have gotten the story wrong |  |  |  |  |  |
| 8E | I find that I need to repeat my point several times to make sure people really understand me |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 9A | I do have a tendency to interrupt people and complete their words or sentences for them |  |  |  |  |  |
| 9B | I do try to anticipate what others need in order to meet their wishes |  |  |  |  |  |
| 9C | Duty and discipline come first in life |  |  |  |  |  |
| 9D | Both in my studies and my work I need to be number one |  |  |  |  |  |
| 9E | I don’t believe in the “quick and easy” way |  |  |  |  |  |
|  |  | Always | Frequently | Sometimes | Rarely | Never |
|  |  | 4 | 3 | 2 | 1 | 0 |
| 10A | When I do something I expect quick response. I can’t stand slow people |  |  |  |  |  |
| 10B | I don’t accept “no” for an answer, even if my request is not really important |  |  |  |  |  |
| 10C | One has to show strength, even when feeling completely “shattered” or “destroyed” inside |  |  |  |  |  |
| 10D | I demand from others (children, employees, colleagues, family) the maximum effort in their studies and work |  |  |  |  |  |
| 10E | I expect people to try hard and put a lot of effort into whatever they do |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 11A | When listening to people, I find it hard to keep looking at them |  |  |  |  |  |
| 11B | When someone is talking to me I tend to nod my head |  |  |  |  |  |
| 11C | When someone tells a joke I simply smile |  |  |  |  |  |
| 11D | I would rather do things myself and be sure that they are well done |  |  |  |  |  |
| 11E | On the whole, there are far more obstacles than there are opportunities in life |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 12A | Wherever I go, I tend to walk quickly |  |  |  |  |  |
| 12B | When I ask somebody a favour, I do tend to make my request in an over-polite or apologetic way |  |  |  |  |  |
| 12C | I don’t believe in exposing my feelings to people, my feelings are my concern |  |  |  |  |  |
| 12D | My doodlings quickly turn into perfect geometric shapes |  |  |  |  |  |
| 12E | However hard I try, I have to leave things unfinished |  |  |  |  |  |

**Score Card**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Question | A | B | C | D | E |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |
| 7 |  |  |  |  |  |
| 8 |  |  |  |  |  |
| 9 |  |  |  |  |  |
| 10 |  |  |  |  |  |
| 11 |  |  |  |  |  |
| 12 |  |  |  |  |  |
| Total |  |  |  |  |  |
|  | Hurry Up | Please Others | Be Strong | Be Perfect | Try Hard |