Every statement must be graded as: “*No*,” “*Partly*,” or “*Yes*.” Honestly grade each statement: Select “*Yes*,” for “*yes, this is really me*.” Select “*Partly*” for “*this is partly how I am*,” and select “*No*” for “*This is probably not how I am*.” (If you don’t know whether it applies, it’s usually best to check “no.”)

1. People are impressed by me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

2, Feeling that I “belong” is important to me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

3. I need to feel grounded.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

4. I don’t mind taking risks.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

5. I don’t fear change.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

6. A failure is not a failure if you keep trying.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

7. I believe in giving back.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

8. I’m good at taking care of people.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

9. I often worry about what people are saying about me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

10. I like to have as much stability in my life as possible.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

11. It’s important to contribute to your community.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

12. I like to develop new ideas and projects.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

13. I’m security conscious.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

14. I like to be an example to others.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

15. I’m competitive.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

16. I hate the feeling of boredom.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

17. I know how to make connections with people.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

18. I constantly aspire to improve.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

19. Danger is never exciting to me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

20. In most close relationships I’m usually the giver.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

21. There is always something new to be learned.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

22. I need to feel fulfilled.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

23. I frequently evaluate myself.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

24. I like for things to be predictable.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

25. I am more loving than most people.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

26. Recognition is very important to me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

27. I like the feeling of exertion.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

28. I’m very careful of not over spending.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

29. Education is important to me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

30. I’m a leader.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

31. I’m always looking for new experiences.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

32. I sometimes over extend myself in trying to help people.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

33. My routines and habits are important to me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

34. I take pride in who I am.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

35. I like how learning something new changes my perspective.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

36. Sometimes the most important work is not what you’re being paid for.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

37. I’m not an adventurous person.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

38. No one would say that I’m selfish.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

39. I tend to spend beyond my limits.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

40. I like to feel important.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

41. Every failure is a learning experience.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

42. I like to learn in order to teach what I learn.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

43. I seek unity in my relationship.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

44. I like to make a difference.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

45. I refrain from acting when I’m not sure about all the consequences of my actions.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

46. I suffer when I feel blocked.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

47. I enjoy suspense.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

48. Prestige is very important to me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

49. I’m a romantic.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

50. I’m constantly learning.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

51. Giving is more important to me than receiving.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

52. I like to be Number 1.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

53. I hate taking risks of any kind.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

54. I like to constantly develop myself.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

55. I like to give my time and energy to good causes.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

56. I like to be admired by others.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

57. I’m proud of my ability to learn new things.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

58. We are here to make this world a better place.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

59. I like to grow and develop in different areas.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

60. Personal relationships are the most important thing in my life.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

61. Sometimes I can be intimidating.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

62. I often look for new forms of entertainment.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

63. I’m concerned about anything that might be risky.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

64. Being fulfilled in your work is more important than being admired.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

65. I strive to improve my skills.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

66. I get close to people by being generous with money, time and energy.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

67. I like to think carefully before I go into action.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

68. Sometimes I like the thrill of experiencing fear.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

69. I need to feel respected.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

70. When we stop growing, we die.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

71. The feeling of togetherness is important to me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

72. For life to make sense, you have to leave a mark in the world.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

73. Feeling comfortable at all times is important to me.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

74. I enjoy being involved in many different activities.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

75. I’m always comparing myself to others in terms of success.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

76. I need to have passion in my relationship.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

77. If I’m not contributing to others, my life is meaningless.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

78. When making a decision, I often think about what might be more enjoyable.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

79. I can’t stand to feel stagnant.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

80. I need to feel as safe as possible at all times.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

81. If I commit to something, I worry that something better might come along.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

82. I never want to be seen as a loser.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

83. I don’t care about having much stability in my life.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_

84. I have a mission.

Yes \_\_\_\_\_\_\_\_\_\_\_ Partly \_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_\_\_\_\_\_