

## How Accurately Can You Describe Yourself?

**Instructions:** Below is a list of common human traits. For each trait, circle the response that best indicates how accurately that trait describes you. Describe yourself as you see yourself at the present time, not as you wish to be in the future. Describe yourself as you are generally or typically, and compared with other persons you know of the same sex and of roughly the same age.

*For each trait, circle the number that best indicates how accurately that trait describes you as you typically are. Choose from the following alternatives:*

**0 = Not at All Accurate**

**1 = A little Accurate**

**2 = Moderately Accurate**

**3 = Quite a Bit Accurate**

**4 = Extremely Accurate**

Lively	0	1	2	3	4	Tired	0	1	2	3	4
Tense	0	1	2	3	4	Energetic	0	1	2	3	4
Sleepy	0	1	2	3	4	Contented	0	1	2	3	4
Relaxed	0	1	2	3	4	Comfortable	0	1	2	3	4
Vigorous	0	1	2	3	4	Worried	0	1	2	3	4
Uneasy	0	1	2	3	4	Uptight	0	1	2	3	4
Distressed	0	1	2	3	4	Alert	0	1	2	3	4
Drowsy	0	1	2	3	4	Aroused	0	1	2	3	4
Bothered	0	1	2	3	4	Calm	0	1	2	3	4
Active	0	1	2	3	4	Passive	0	1	2	3	4