

LIFESTYLE SCALE

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DIRECTIONS: Read each statement and apply the following scale to each statement.
Your first reaction is probably the most accurate. Work rapidly.

- 1 = **NEVER** applies to me.
- 2 = **SELDOM** applies to me.
- 3 = applies **SOMETIMES** to me.
- 4 = applies **OFTEN** to me.
- 5 = **PERFECTLY** applies to me.

1. _____ dislikes riding airplanes.
2. _____ enjoys being neat, hair in place, and immaculate dresser.
3. _____ extremely sensitive to hurting others' feelings.
4. _____ excellent at finding fault with self.
5. _____ life is full of hardships, but it's worth it.
6. _____ dislikes swimming.
7. _____ really bothered when making a mistake.
8. _____ dislikes arguments and finds self attempting to be the peace maker.
9. _____ seldom satisfied with one's accomplishments.
10. _____ likes to tell others how it could have been done.
11. _____ has had or is having problems with sexual relationships.
12. _____ doesn't waste a minute; always has something to do.

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- 13. _____ viewed by others as sweet and likeable but also innocent and a bit naive.
- 14. _____ really tries hard but usually gets the short end of the stick.
- 15. _____ anticipates future circumstances; often heard to say, "See, I told you . . ."
- 16. _____ likes to have the last word in conversations.
- 17. _____ always busy; can work at two or more projects at the same time.
- 18. _____ very sensitive and vulnerable and can easily be hurt by others.
- 19. _____ felt punished a lot as a child.
- 20. _____ accomplishes much more than co-workers and may call this fact to their attention.
- 21. _____ very knowledgeable about a particular topic and takes pride in this.
- 22. _____ believes that everything has its place and that everything should be in its place.
- 23. _____ likes attention for task completed.
- 24. _____ likes to hear what is "wrong with themselves".
- 25. _____ holds people to their end of a bargain; and gets righteously indignant when they don't deliver.
- 26. _____ does not like surprises such as rule changes at the last moment, uninvited company, etc.
- 27. _____ very religious person and feel you live up to your religious convictions to the point that you try doing the right thing all of the time.

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- 28. _____ concerned with whether others approve of what I do.
- 29. _____ life really seems like a barrel of "rotten apples".
- 30. _____ often feel you are carrying a lot of burdens around with you and don't think you deserve them.
- 31. _____ doesn't like mistakes to be made by peer or subordinate.
- 32. _____ likes to make sure that things run like clockwork.
- 33. _____ likes to have continual praise from others such as peers or boss.
- 34. _____ depressed a lot of the time about a lot of things.
- 35. _____ likes to find fault with other people and good at finding the worst in them.

PLEASE STOP.