

Q-SORT STATEMENTS

1. When people criticize me, I often feel that the fault is mind and am upset over it for a while.
2. I realize that it has been difficult for me to keep up friendships because I am too engrossed in my own interests.
3. I feel that I should accept that part of the criticism about me which after all may be true.
4. Some times I feel that some of my friends have more to look forward to in life than I have.
5. When in a group, I feel I have nothing to say for fear of ridicule.
6. When I hear criticism about me, I don't allow myself to get excited; I just see how much truth there is in it, and accept it.
7. I realize that I am a member of a group, and that just as they have shortcomings so have I, and thus I feel free in the group.
8. I often feel that I have not got what it takes to be respected by my friends.
9. If I want to feel free to say things, I think that I should realize that there is no reason to feel afraid of what they will say.
10. I can't take any criticism about me.
11. I feel I can't get on with any one.
12. Much of the time I feel pretty sure that some people will love me.
13. I feel that people are friendly to me only when they try to get something out of me.
14. I have made myself realize that I can't love a certain person whom I like very much. If I did not accept this idea I would be very unhappy.

15. I some times find it hard to accept that I have been in the wrong; I feel that I must try to put the blame on some one.
16. I feel that if I do something for my family it is worth nothing.
17. When I speak in a group, I usually feel at ease and say what I want to say clearly.
18. All the time with any group, I just have the expectancy that they are going to jump on my weak points. I wish I were free from that.
19. At home I am very irritable but can't see reasons for this irritability which I don't want to have.
20. If people show a liking for me, I feel that it is only because they do not know me well.
21. I have been feeling ill at ease with other people. But now I begin to realize that there is no reason for it, and feel better.
22. I think I am seeing rather clearly that most of the pain I suffer is because I am following a pattern that has been introjected in me by my parents, and that is not really "me".
23. I have not got what it takes to be a normally acceptable person.
24. I take things naturally and calmly at home. There are different ways of doing things, and mine is not necessarily the best.
25. I do not think that I have all the faults that my parents have said I have.
26. When my people praise me, I usually feel that they mean it.
27. I some times worry when I find that my feelings toward certain persons are a mix-up of love and hate.
28. I wonder if it is right to realize that I can't achieve such things as other members of my family did.

29. In the midst of a job or project I often feel that I just am not able to see it through.
30. When people tell me they think I am intelligent, I just don't believe it.
31. I am often annoyed with myself because I feel that I am not able to control certain habits that I don't like.
32. I have tried to be what the others thought I should be, but I am thinking that I should see that I am what I am.
33. I have got to start to feel contented with my intellectual ability even though it is not as high as that of others. I think that's just my trouble.
34. I feel that often I cannot make up my mind even about very simple things.
35. I feel that the kind of person I would like to be is very different from the one I actually am at present.
36. I usually think of myself as a pretty worth-while person, even if some people do not think that way of me.
37. I usually try to live up to my ideals, even when I feel that my friends may slight me for it.
38. I usually feel that my ideas are not as good as the ideas of other people.
39. I feel guilty about things that don't seem to bother other people at all.
40. When I am mixed up with a problem, I feel that if I asked for suggestions or help, I would come down in the eyes of the people.
41. I feel confident that I can face different situations, though some of my problems are not yet solved.
42. I feel I cannot deny that part of my past life (childhood) which gives me many answers to what I am now.

43. Some times I feel that I am better than some people feel I am.
44. I have lost faith in everything and condemn myself all the way through.
45. I do not feel unduly guilty about things. I feel free from my own feelings even though I may feel hatred against some one.
46. I know that I am not very clever, but with the intelligence I have I feel I can do something in the world, and shall try to achieve it.
47. When things happen to go just right for me, I have a feeling that somehow I am going to pay for this, and that good things are not for me.
48. I am realizing that it is not a very good thing to try to follow a way of life which does not suit my moral principles.
49. I am just rushing through things and I need more thinking. I am not clever enough, and I can't quite reconcile myself to accepting that.

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STATEMENTS ON ACCEPTANCE OF OTHERS

1. I hate those people who underrate my intellectual ability.
2. My keenest wish is to devote myself to the service of others just as they are.
3. I find it very hard to be nice to the low caste people.
4. Often on I make use of my temper to get what I want.
5. Rarely I try to be kind and understanding with my inferiors.
6. Often I interrupt a conversation just because I am keen on saying something witty.
7. I readily criticize people of other communities than my own for things which I tolerate and excuse in my own community.
8. If my ideas are ridiculed by some people I get mad and give it back to them.
9. I willingly give credit to those who show good judgment whoever they be.
10. When some one is stubborn I call him names.
11. When they scold me unfairly I cannot control myself and condemn them.
12. I feel it is my duty to cooperate with others for a good cause.
13. X is a very neurotic person and causes a lot of trouble. Why should I put with X?
14. If some one at home is unfair to me, I try to excuse him and to forget the incident.
15. Some times I put the blame on others to get out of trouble.
16. I dislike to crack jokes at the expense of other people.

17. I hate those people who wish to appear good. Their behaviour is so artificial that it annoys me.
18. I find that many people are offended by my cutting remarks, and yet I disregard their feelings.
19. I make it a point to compliment people when they do something well.
20. I respect other people's way of thinking and of valuing things though I do not always agree with their ideas.
21. I can be very intolerant at times with some people.
22. I easily keep grudges against people and shall always refuse to forgive them.
23. When I have to make a decision, I consider not only my own interests but also those of others involved.
24. X did me wrong and I felt very bitter against X. I don't think I shall ever forgive X.
25. If one way or the other I have grieved some one at home, I regret it and try to make up for it.
26. May be I am trying to exact things from others which I should have done myself and did not, and this is not fair.
27. At parties I am active to help others have a good time.
28. I will not tolerate people who seem to take advantage of me.
29. When I do something which is not particularly admirable I can understand why I did it and excuse myself for it. Thus also I try to do with other people.
30. I find the beliefs of some people absurd, yet I don't make fun of them, rather I respect their feelings.
31. At times things get so bad at home that I feel like running away.
32. My folks appear to doubt if I shall be successful and I dislike them for that.

33. I try to be courteous even to disagreeable people.
34. I can't stand to hear X's talk. X is so foolish !  
I keep yelling and pointing out X's inconsistencies  
and mistakes.
35. Many people are so narrow-minded that they force me  
to quarrel with them.
36. Some times I have broken a friendship because I  
could not tolerate my friend's behaviour towards me.
37. I think I am more tolerant of other people because  
I realize you cannot condemn a whole personality the  
way you want; it just is not fair.
38. I easily criticize people and run them down.

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