2B (i): SELF-SCHEMAS



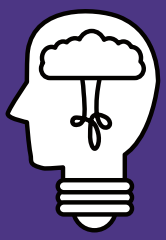
ASSESSMENT 1

For each of the 20 rows there are two options; one of the options is generally closest to your own thoughts, behaviour and personality. Please choose one statement on each row. Tick the appropriate statement until you have 20 statements ticked.

1	USE LOGIC TO MAKE DECISIONS	☐	USE INTUITION AND FEELINGS TO MAKE DECISIONS	☐
2	GENERALLY I DO NOT GET TO EXCITED ABOUT THINGS	☐	GENERALLY ENTHUSIASTIC ABOUT THINGS	☐
3	PRAGMATIC	☐	DREAMERS	☐
4	CALCULATED	☐	INSTINCTIVE	☐
5	THINKS IN REALISTIC CERTAINTIES (WHAT IS LIKELY TO HAPPEN)	☐	DISMISSES EVIDENCE AND THINKS IN IDEAL POSSIBLES (WHAT COULD POSSIBLY HAPPEN INSTEAD)	☐
6	OBJECTIVE	☐	SUBJECTIVE	☐
7	PRACTICAL ABOUT THINGS	☐	ROMANTICE ABOUT THINGS	☐
8	NO SUCH THING AS PERFECTION/ MOST THINGS ARE FLAWED	☐	SEE POTENTIAL FOR PERFECTION IN EVERYTHING	☐
9	ACKNOWLEDGES 'CURRENT' SELF	☐	SEEKS THEIR 'TRUE' SELF	☐
10	TRUSTS FACTS / EVIDENCE BASED	☐	TRUSTS PERSONAL MEANING / MEMORY BASED	☐
11	CAN SEE VALUE IN NON-MEANINGFUL INTERACTIONS / RELATIONSHIPS	☐	ONLY SEES VALUE IN MEANINGFUL INTERACTIONS/RELATIONSHIPS	☐
12	CONTROL OF DECISIONS	☐	WHAT WILL BE WILL BE	☐
13	MY POSITIVITY IS SELECTIVE TO SPECIFIC PEOPLE AND SITUATIONS	☐	MY POSITIVITY IS GENERALISED TO ALL PEOPLE AND SITUATIONS	☐
14	NOT EASILY DISAPPOINTED	☐	CAN BE EASILY DISAPPOINTED	☐
15	MY BELIEFS ARE ADAPTABLE	☐	MY BELIEFS ARE FIXED	☐
16	FOCUS ON 'WHAT IS' HAPPENING RIGHT NOW (FACTS)	☐	FOCUS ON WHAT 'WHAT I WANT' TO HAPPEN RIGHT NOW	☐
17	RELATIONSHIPS REQUIRE SKILLS TO BE ENJOYED	☐	SEEK TRUE LOVE AND BELIEVES IN SOULMATE	☐
18	ACCEPTS THE WORLD CAN BE CRUEL	☐	REFUSES TO ACCEPT THE CRUELTY OF THE WORLD	☐
19	I AM GENERALLY QUESTIONING	☐	I AM NAÏVE & BELIEVE THINGS I AM TOLD	☐
20	PERSONAL ETHICS ARE SITUATIONAL	☐	PERSONAL ETHICS ARE FIXED	☐

COUNT HOW MANY TICKED STATEMENTS YOU HAVE IN THE **LEFT COLUMN.** WRITE THE NUMBER IN THE BOX BELOW:

MY NUMBER ASSESSMENT 1



2B (i): SELF-SCHEMAS

ASSESSMENT 2

For each of the 20 rows there are two options; one of the options is generally closest to your own thoughts, behaviour and personality. Please choose one statement on each row. Tick the appropriate statement until you have 20 statements ticked.

1	FORGIVING	☐	HOLDS GRUDGES	☐
2	INTERESTED IN OTHERS	☐	SUSPICIOUS OF OTHERS	☐
3	SURROUND THEMSELVES WITH UPBEAT PEOPLE	☐	ISOLATES THEMSELVES TO PROTECT THEMSELVES FROM OTHERS	☐
4	TAKE RISKS	☐	PLAYS SAFE	☐
5	FAITH IN OTHERS	☐	LITTLE FAITH IN OTHERS	☐
6	EASILY SURPRISED	☐	RARELY SURPRISED	☐
7	IN STRESSFUL SITUATIONS, I TEND TO SEE THE POSITIVES FIRST	☐	IN STRESSFUL SITUATIONS, I TEND TO SEE THE NEGATIVES FIRST	☐
8	DOESN'T GIVE UP QUICKLY	☐	GIVES UP QUICKLY	☐
9	SEEKS SOLUTIONS WHEN THERE ARE PROBLEMS	☐	FINDS IT DIFFICULT TO SEE SOLUTIONS WHEN THERE ARE PROBLEMS	☐
10	SEES OPPORTUNITIES	☐	SEES OBSTACLES	☐
11	RELIES ON SELF-CONFIDENCE	☐	RELIES ON SELF-PITY	☐
12	'PERSONAL REGRETS' DRIVES MY POSITIVITY	☐	'PERSONAL REGRETS' DRIVES MY NEGATIVITY	☐
13	SEES THE 'UPS' OR THE 'PEAKS' IN LIFE COMING FIRST	☐	SEES THE 'DOWNS' OR 'TROUGHS' IN LIFE COMING FIRST	☐
14	FINDS POSITIVES IN THINGS	☐	FINDS FAULTS IN THINGS	☐
15	I GENERALLY HAVE 'HAPPY' FEELINGS	☐	I GENERALLY HAVE 'UNHAPPY' FEELINGS	☐
16	AUTOMATICALLY BELIEVES	☐	AUTOMATICALLY DOUBTS	☐
17	PROACTIVE	☐	REACTIVE	☐
18	I AM OPEN TO NEW EXPERIENCE AWAY FROM MY COMFORT ZONE	☐	I AM SCEPTICAL TO NEW EXPERIENCES AWAY FROM MY COMFORT ZONE	☐
19	SHARES THINGS (I.E. POSSESSIONS)	☐	HOLDS ON TO THINGS (I.E. POSSESSIONS)	☐
20	IN STRESSFUL SITUATIONS, I TEND TO ENABLE POSSIBLE SOLUTIONS	☐	IN STRESSFUL SITUATIONS, I TEND TO SABOTAGE POSSIBLE SOLUTIONS	☐

COUNT HOW MANY TICKED STATEMENTS YOU HAVE IN THE **LEFT COLUMN.** WRITE THE NUMBER IN THE BOX BELOW:

MY NUMBER ASSESSMENT 2