

RSES

Please rate the items listed below on the following scale:

1: Strongly Disagree

2: Disagree

3: Agree

4: Strongly Agree

1. I feel that I am a person of worth, at least on an equal basis with others. _____
2. I feel that I have a number of good qualities. _____
3. All in all, I am inclined to feel that I am a failure. _____
4. I am able to do things as well as most other people. _____
5. I feel I do not have much to be proud of. _____
6. I take a positive attitude toward myself. _____
7. On the whole, I am satisfied with myself. _____
8. I wish I could have more respect for myself. _____
9. I certainly feel useless at times. _____
10. At times I think I am no good at all. _____

Locus of Control

I = internal

P = external-another person

C = external-chance

IPC-Internal, Powerful Other (External), Chance

Total each scale, add +24 and then report separately

I=1, 4, 5, 9, 18,19, 21, 23

P=3, 8, 11, 13, 15, 17, 20, 22

C=2, 6, 7, 10, 12, 14, 16, 24

EPI

Please answer the following Yes or No questions by circling Y for Yes and N for No.

1. Do you often long for excitement? Y N
2. Do you often need understanding friends to cheer you up? Y N
3. Are you usually carefree? Y N
4. Do you find it very hard to take no for an answer? Y N
5. Do you stop and think things over before doing anything? Y N
6. If you say you will do something do you always keep your promise, no matter how inconvenient it might be to do so? Y N
7. Does your mood often go up and down? Y N
8. Do you generally do and say things quickly without stopping to think? Y N
9. Do you ever feel just miserable for no good reason? Y N
10. Would you do almost anything for a dare? Y N
11. Do you suddenly feel shy when you want to talk to an attractive stranger? Y N
12. Once in a while do you lose your temper and get angry? Y N
13. Do you often do things on the spur of the moment? Y N
14. Do you often worry about things you should not have done or said? Y N
15. Generally do you prefer reading to meeting people? Y N
16. Are your feelings rather easily hurt? Y N
17. Do you like going out a lot? Y N
18. Do you occasionally have thoughts and ideas that you would not like other people to know about? Y N
19. Are you sometimes bubbling over with energy and sometimes very sluggish? Y N
20. Do you prefer to have few but special friends? Y N
21. Do you daydream a lot? Y N
22. When people shout at you, do you shout back? Y N
23. Are you often troubled about feelings of guilt? Y N
24. Are all your habits good and desirable ones? Y N
25. Can you usually let yourself go and enjoy yourself a lot at a fun party? Y N
26. Would you call yourself tense or highly-strung? Y N
27. Do other people think of you as being very lively? Y N
28. After you have done something important, do you often come away feeling you have done better?
Y N
29. Are you mostly quiet when you are with other people? Y N
30. Do you sometimes gossip? Y N
31. Do ideas run through your head so that you cannot sleep? Y N
32. If there is something you want to know about, would you rather look it up in a book than to talk to someone about it? Y N
33. Do you palpitations or thumping in your heart? Y N
34. Do you like the kind of work that you need to pay close attention to? Y N
35. Do you get attacks of shaking or trembling? Y N

36. Would you always declare everything at the customs, even if you knew that you could never be found out? Y N
37. Do you hate being with a crowd who play jokes on one another? Y N
38. Are you an irritable person? Y N
39. Do you like doing things in which you have to act quickly? Y N
40. Do you worry about awful things that might happen? Y N
41. Are you slow and unhurried in the way you move? Y N
42. Have you ever been late for an appointment or work? Y N
43. Do you have many nightmares? Y N
44. Do you like talking to people so much that you would never miss a chance of talking to a stranger? Y N
45. Are you troubled by aches and pains? Y N
46. Would you be very unhappy if you could not see lots of people most of the time? Y N
47. Would you call yourself a nervous person? Y N
48. Of all the people you know are there some whom you definitely do not like? Y N
49. Would you say you were fairly self-confident? Y N
50. Are you easily hurt when people find fault with you or your work? Y N
51. Do you find it hard to really enjoy yourself at a lively party? Y N
52. Are you troubled with feeling of inferiority? Y N
53. Can you easily get some life into a rather dull party? Y N
54. Do you sometimes talk about things you know nothing about? Y N
55. Do you worry about your health? Y N
56. Do you like playing pranks on others? Y N
57. Do you suffer from sleeplessness? Y N

Eysenck Personality Inventory (EPI)

Extraversion (E) Scale:
1 point for each match

- 1 - y
- 3 - y
- 5 - n
- 8 - y
- 10 - y
- 13 - y
- 15 - n
- 17 - y
- 20 - n
- 22 - y
- 25 - y
- 27 - y
- 29 - n
- 32 - n
- 34 - n
- 37 - n
- 39 - y
- 41 - n
- 44 - y
- 46 - y
- 49 - y
- 51 - n
- 53 - y
- 56 - y

Neuroticism Scale (N) Scale: 1 point for each match

- 2 - y
- 4 - y
- 7 - y
- 9 - y
- 11 - y
- 14 - y
- 16 - y
- 19 - y
- 21 - y
- 23 - y
- 26 - y
- 28 - y

- 31 - y
- 33 - y
- 35 - y
- 38 - y
- 40 - y
- 43 - y
- 45 - y
- 47 - y
- 50 - y
- 52 - y
- 55 - y
- 57 - y

Lie scale (L) Scale: 1 point for each match

- 6 - y
- 12 - n
- 18 - n
- 24 - y
- 30 - n
- 36 - y
- 42 - n
- 48 - n
- 54 - n

American college students

E = 13.1
N = 10.9
L = 3.8

the higher your score, the more extraverted or neurotic you are; the higher your "lie" scale, the more likely you are to respond in a socially desirable manner

BFI

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who *likes to spend time with others*? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

1. Disagree strongly
2. Disagree a little
3. Neither agree nor disagree
4. Agree a little
5. Agree strongly

I See Myself as Someone Who

- ___ 1. Is talkative
- ___ 2. Tends to find fault with others
- ___ 3. Does a thorough job
- ___ 4. Is depressed, blue
- ___ 5. Is original, comes up with new ideas
- ___ 6. Is reserved
- ___ 7. Is helpful and unselfish with others
- ___ 8. Can be somewhat careless
- ___ 9. Is relaxed, handles stress well
- ___ 10. Is curious about many different things
- ___ 11. Is full of energy
- ___ 12. Starts quarrels with others
- ___ 13. Is a reliable worker
- ___ 14. Can be tense
- ___ 15. Is ingenious, a deep thinker
- ___ 16. Generates a lot of enthusiasm
- ___ 17. Has a forgiving nature
- ___ 18. Tends to be disorganized
- ___ 19. Worries a lot
- ___ 20. Has an active imagination
- ___ 21. Tends to be quiet
- ___ 22. Is generally trusting
- ___ 23. Tends to be lazy
- ___ 24. Is emotionally stable
- ___ 25. Is inventive
- ___ 26. Has an assertive personality
- ___ 27. Can be cold and aloof
- ___ 28. Perseveres until the task is finished
- ___ 29. Can be moody
- ___ 30. Values artistic, aesthetic experiences
- ___ 31. Is sometimes shy, inhibited
- ___ 32. Is considerate and kind to almost everyone
- ___ 33. Does things efficiently
- ___ 34. Remains calm in tense situations

- ___ 35. Prefers work that is routine
- ___ 36. Is outgoing, sociable
- ___ 37. Is sometimes rude to others
- ___ 38. Makes plans and follows through with them
- ___ 39. Gets nervous easily
- ___ 40. Likes to reflect, play with ideas
- ___ 41. Has few artistic interests
- ___ 42. Likes to cooperate with others
- ___ 43. Is easily distracted
- ___ 44. Is sophisticated in art, music, or literature

Please check: Did you write a number in front of each statement?

Reverse the following items: 2, 6, 8, 9, 12, 18, 21, 23, 24, 27, 31, 34, 35, 37, 41, 43

Pull out, total, and record the following subscales:

Extraversion: 1, 6, 11, 16, 21, 26, 31, 36

Agreeableness: 2, 7, 12, 17, 22, 27, 32, 37, 42

Conscientiousness: 3, 8, 13, 18, 23, 28, 33, 38, 43

Neuroticism: 4, 9, 14, 19, 24, 29, 34, 39

Openness: 5, 10, 15, 20, 25, 30, 35, 40, 41, 44

Based on a sample of college students

E = 29.8

A = 32.0

C = 32.8

N = 25.2

O = 36.5

TIPI: Ten-Item Personality Inventory

Here are a number of personality traits that may or may not apply to you. Please write a number next to each statement to indicate the extent to which the pair of traits applies to you, even if one characteristic applies more strongly than the other.

Disagree strongly	Disagree moderately	Disagree a little	Neither agree	Agree a little	Agree a moderately	Agree strongly
1	2	3	4	5	6	7

I see myself as:

- 1) Extraverted, enthusiastic. _____
- 2) Critical, quarrelsome. _____
- 3) Dependable, self-disciplined. _____
- 4) Anxious, easily upset. _____
- 5) Open to new experiences, complex. _____
- 6) Reserved, quiet. _____
- 7) Sympathetic, warm. _____
- 8) Disorganized, careless. _____
- 9) Calm, emotionally stable. _____
- 10) Conventional, uncreative. _____

Reverse 2, 4, 6, 8, 10

Extraversion = 1, 6

Agreeableness, 2, 7

Conscientiousness, 3, 8

Emotional Stability, 4, 9

Openness to Experience, 5, 10

Extraversion	9.3
Agreeableness	10.3
Conscientiousness	10.9
Emotional Stability	8.2 *
Openness to Experience	11.1

* opposite pole of neuroticism

Gosling, S. D., Rentfrow, P. J., & Swann, W. B. (in press). A very brief measure of the Big-Five personality domains. Journal of Research in Personality.

LSI

Please indicate whether each of the following statements describes the way you usually feel or act by circling Y for Yes and N for No.

Does it Describe you?

1. I am a very easy person to get along with. Y N
2. When I want something, I just can't wait to get it. Y N
3. There has always been a person whom I wished I were like. Y N
4. People do not consider me to be an emotional person. Y N
5. I feel outraged at dirty movies. Y N
6. I rarely remember my dreams. Y N
7. People who boss other people around make me furious. Y N
8. I sometimes have an urge to push my fist through a wall. Y N
9. I'm annoyed by the fact that people show off too much. Y N
10. In my daydreams, I am always the center of attention. Y N
11. I am the type that never cries. Y N
12. Using public bathrooms is very upsetting to me. Y N
13. I am always willing to listen to all sides of an argument. Y N
14. I "fly off the handle easily. Y N
15. When someone shoves me in a crowd, I feel like kicking him easily. Y N
16. People admire many things about me easily. Y N
17. I believe it's better to think things out than to get angry easily. Y N
18. I get sick a lot easily. Y N
19. I have a bad memory for faces.
20. When I've been rejected by someone, I've sometimes felt suicidal easily. Y N
21. When I hear dirty jokes, I feel very embarrassed.
22. I always see the bright side of things. Y N
23. I hate hostile people. Y N
24. I have trouble getting rid of anything that belongs to me. Y N
25. I have trouble remembering people's names. Y N
26. I tend to be impulsive. Y N
27. People who try to get their way by yelling and screaming make me sick. Y N
28. I am free from prejudice. Y N
29. I have a strong need to have people tell me that I am sexually appealing. Y N
30. When I go on a trip, I plan every detail in advance. Y N
31. Sometimes I wish that an atom bomb would destroy the world. Y N
32. Pornography is disgusting. Y N
33. When I become upset, I eat a lot. Y N
34. I never feel fed-up with people. Y N

35. I cannot remember many things about my childhood. Y N
36. I frequently take work with me when I go on vacation. Y N
37. In my fantasies I accomplish great things. Y N
38. Most people annoy me because they are too selfish. Y N
39. Touching anything slimy makes me feel nauseous. Y N
40. If someone bothers me, I don't tell it to him or her. Y N
41. I believe people will take advantage of you if you are not careful. Y N
42. It takes me along time to see bad qualities in other people. Y N
43. When I read or hear about a tragedy, it never seems to affect me.
44. In arguments, I'm usually more logical than the other person. Y N
45. I have a strong need to be complimented. Y N
46. Promiscuity is disgusting. Y N
47. When I drive a car, I sometimes get an urge to hit another car. Y N
48. When things don't go my way I sometimes sulk. Y N
49. When I see someone who is bloody it almost never bothers me. Y N
50. I get irritable when I don't get attention. Y N
51. People tell me I'll believe anything. Y N
52. I wear clothes that hide my bad points. Y N
53. It is very difficult for me to use dirty words. Y N
54. I seem to have a lot of arguments with people. Y N
55. One of the things I hate about people is that they are insincere. Y N
56. People tell me I'm too objective about everything. Y N
57. My moral standards are higher than those of most people I know. Y N
58. When I can't cope I feel like crying. Y N
59. I can't seem to express my emotions. Y N
60. When someone bumps into me, I get furious. Y N
61. I put things that I don't like out of my mind. Y N
62. I very seldom feel affectionate. Y N
63. I hate people who always try to be the center of attention. Y N
64. I collect a lot of different things. Y N
65. I work harder than most people in order to be good at what
I'm interested in. Y N
66. Hearing a baby cry does not bother me. Y N
67. I have been so angry that I have wanted to smash things. Y N
68. I am always optimistic. Y N
69. I lie a lot. Y N
70. I feel a greater commitment to my work than I do to socializing. Y N
71. Most people are obnoxious. Y N
72. I would never go to a movie that was X-rated. Y N

73. I am irritated because people can't be trusted. Y N
74. I will do anything to make a good impression. Y N
75. I don't understand why I do some of the things I do. Y N
76. I got out of my way to see movies that show a lot of violence. Y N
77. I think the world situation is much better than most people think it is. Y N
78. When I am disappointed, I act very moody. Y N
79. The way people dress on beaches these days is indecent. Y N
80. I do not let my emotions run away with me. Y N
81. I plan for the worst so that I will not be caught off guard. Y N
82. My life is so great that a lot of people wish they were in my shoes. Y N
83. I have hit or kicked something so hard when I was angry
that I accidentally hurt myself. Y N
84. People with low moral standards make me sick. Y N
85. I hardly remember anything about my early years in school. Y N
86. When I become upset, I can't help acting childish. Y N
87. I am more comfortable discussing my thoughts than my feelings. Y N
88. I can't seem to finish anything that I start. Y N
89. When I hear about atrocities, it doesn't bother me. Y N
90. People in my family almost never disagree with one another. Y N
91. I yell at people a lot. Y N
92. I hate people who step on others' way in order to get ahead. Y N
93. When I'm upset, I often get drunk. Y N
94. I am lucky to have fewer problems than most people. Y N
95. When something is bothering me, I sleep more than usual. Y N
96. I think it's disgusting the way most people lie to get ahead. Y N
97. I use dirty words a lot. Y N

LSI - Scoring

Denial = 1+16+22+28+42+51+61+68+77+82+90+94

Regression = 9+11+19+25+35+43+49+59+66+75+85+89

Regression = 2+14+18+26+33+48+50+58+69+78+86+88+93+95

Compensation = 3+10+24+29+37+45+52+64+65+74

Projection = 7+9+23+27+38+41+55+63+71+73+84+92+96

Displacement = 8+15+20+31+40+47+54+60+67+76+83+91+97

Intellectualization = 4+13+17+30+36+44+56+62+70+80+81+87

Reaction formation = 5+12+21+32+39+46+53+57+72+79

Percentiles

Raw Score	Denial	Regression	Regression	Compensation	Projection	Displacement	Intellectualization	Reaction formation
0	0	2	1	2	2	4	0	13
1	2	15	6	5	2	15	0	38
2	8	34	15	16	4	27	3	56
3	19	54	30	29	9	40	16	71
4	33	71	47	45	16	53	32	81
5	52	83	61	62	26	69	51	88
6	70	91	73	79	39	83	74	93
7	83	96	82	90	53	90	87	95
8	91	99	89	97	68	94	95	98
9	97		93	99	79	96	99	99
10	99		97		88	99		
11			99		94			
12					98			

Total raw score to percentile

Raw score	Percentile
14	1%
26	10%
33	30%
37	47%
38	51%
44	76%
49	90%
61	100%

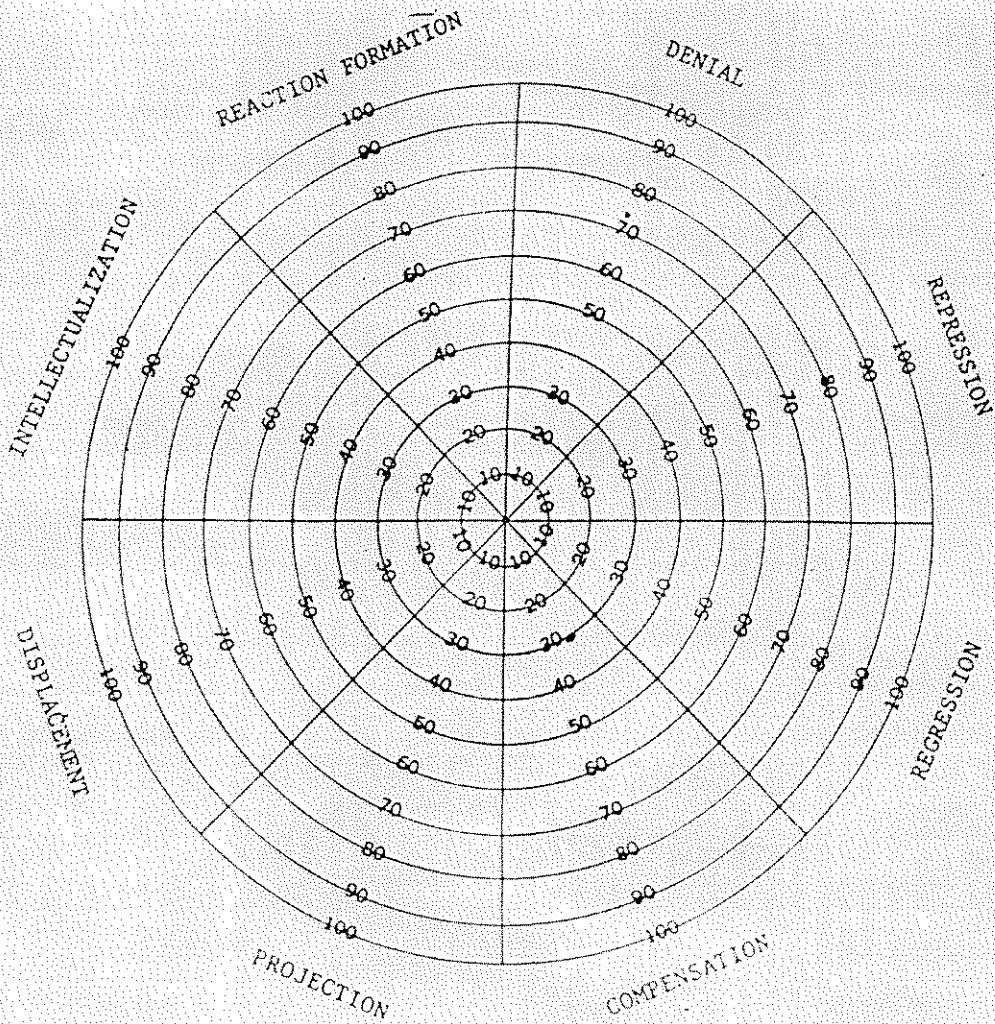


TABLE 1-3
The Underlying Structure of Ego Defenses

<i>Ego Defense</i>	<i>Associated Traits</i>	<i>Social Needs</i>	<i>Method</i>	<i>Function</i>
Repression	Timid, Passive Lethargic Obedient	Need to avoid or withdraw from social relationships	Forget painful events	To maintain passivity and avoid decisions and anxiety
Displacement	Aggressive Provocative Cynical	Need to find scapegoats who will absorb hostility	Attack a symbol or sub- stitute for source of frustration	To express anger without fear of retaliation
Reaction Formation	Altruistic Puritanical Conscientious Moralistic	Need to show good (or correct) behavior	Reverse feelings of interest to their opposite	To hide interest in bad and especially sexual behavior
Compensation	Boastful Daydreamer Worried about Inadequacies	Need to be recognized, admired, and applauded	Exaggerate positive aspects of self	To improve a perceived weakness or replace a loss
Denial	Uncritical Trusting Suggestible Gullible Romantic	Need to avoid conflict in social relationships	Interpret threats and problems as benign	To maintain feeling of being liked or loved
Projection	Critical Fault finding Blaming	Need to identify imperfections in others	Blame or be hypercritical	To decrease feelings of inferiority, shame or personal imperfections
Intellectual- Ization	Obsessional Domineering Possessive	Need to control all social relationships	Find a rational justify- cation for all acts	To prevent the expression of sudden or unacceptable impulses
Regression	Impulsive Restless Undercontrolled	Need to act out all impulses	Express impulsive and immature behaviorsimpulsive acts	To achieve acceptance of

TABLE 1-4

The Eight Basic Defenses and Coping Styles

1. Defense: *Repression, Isolation, Introjection*. Exclusion from consciousness of an idea and/or its associated emotions to avoid painful conflicts or threats.

Coping: *Avoidance*. An attempt to solve a problem by avoiding the person or situation believed to have created the problem, or by “thought-stopping” or turning attention away from the problem.

2. Defense: *Denial*. Lack of awareness of certain events, experiences, or feelings that would be painful to acknowledge.

Coping: *Minimization*. An attempt to solve a problem by assuming that the problem is not as important as other people think it is.

3. Defense: *Displacement*. Discharge of pent-up emotions, usually of anger, on objects, animals, or people perceived as less dangerous to the individual than those that originally aroused the emotions.

Coping: *Substitution*. An attempt to solve a problem by doing unrelated pleasurable activities; for example, reducing tension-related problems by using meditation, exercise, or alcohol.

4. Defense: *Regression, Acting Out*. Retreat under stress to earlier or more immature patterns of behavior and gratification.

Coping: *Help Seeking*. Asking assistance from others to help solve a problem.

5. Defense: *Compensation, Identification, Fantasy*. The development of strength in one area to offset real or imagined deficiency in another.

Coping: *Replacement*. Solving a problem by improving weaknesses or limitations that exist either in yourself or in the situation you are in.

6. Defense: *Intellectualization, Sublimation, Undoing, Rationalization*. Unconscious control of emotions and impulses by excessive dependence on rational interpretations of situations.

Coping: *Mapping*. Getting as much information about a problem as possible before acting or making a decision.

7. Defense: *Projection*. Unconscious rejection of emotionally unacceptable thoughts, traits, or wishes, and the attribution of them to other people.

Coping: *Blaming*. Blaming other people for the existence of a problem, or blaming the “system.”

8. Defense: *Reaction Formation*. Prevention of the expression of unacceptable desires, particularly sexual or aggressive, by developing or exaggerating opposite attitudes and behaviors.

Coping: *Reversal*. Solving a problem by doing the opposite of what you feel; for example, smiling even when you feel angry.

Vaillant Taxonomy

Table 1 illustrates a variety of different ways in which an individual could express his conflictual awareness that he hates his father. Consider a fictional case example. A 30-year old Chinese-American businessman finds himself dishonored and threatened by his 65-year-old father, who is his business partner and whom he has never before consciously mistrusted. The son discovers that his father has defrauded their customers. The young businessman is confronted with a reality, a fact of life, for which he has had no time to prepare. He finds that he can neither live with his father nor abandon his filial relationship. Ethically, he believes that he should continue to honor his father; but in his limbic system and amygdala [the emotional parts of the brain], he feels, "I hate my father!"

Table 1. Contrasting ways of altering the conscious representation of a conflict

<u>Defense</u>	<u>Conscious [to the son] representation of idea, feeling, or behavior</u>
No defense	<i>I hate my father!</i>
Psychotic denial	<i>I was born without a father.</i>
Immature defenses	
Projection	<i>My father hates me.</i>
Passive aggression	<i>I hate myself (or try to kill myself).</i>
Acting out (Regression)	<i>Without reflection I hit 12 policemen.</i>
Fantasy	<i>I daydream of killing giants.</i>
Neurotic defenses (intermediate)	
Dissociation	<i>I tell my father jokes.</i>
Displacement	<i>I hate my father's dog.</i>
Isolation (Intellectualization)	<i>I disapprove of my father's behavior.</i>
Repression (Somatization)	<i>I don't know why I feel so hot and bothered.</i>
Mature defenses	
Suppression	<i>I am cross at my father but will not tell him.</i>
Sublimation	<i>I beat my father at tennis.</i>
Altruism	<i>I comfort father haters.</i>
Humor	<i>I create jokes about fathers.</i>