

Instructions: People have reported having the following problems in relating to other people. Please read the list below and for each item, consider whether it has been a problem for you with respect to ANY significant person in your life. Then fill in the numbered circle that describes how distressing that problem has been.

0 = Not at all
1 = A little bit
2 = Moderately
3 = Quite a bit
4 = Extremely

It is hard for me to:

Extremely

Week

9	9
8	8
7	7
6	6
5	5
4	4
3	3
2	2
1	1
0	0

2. Join in on groups	0	1	2	3	4
3. Keep things private from other people	0	1	2	3	4
4. Tell a person to stop bothering me	0	1	2	3	4
5. Introduce myself to new people	0	1	2	3	4
6. Confront people with problems that come up	0	1	2	3	4
7. Be assertive with another person	0	1	2	3	4
8. Let other people know I am angry	0	1	2	3	4
9. Socialize with other people	0	1	2	3	4
10. Show affection to people	0	1	2	3	4
11. Get along with people	0	1	2	3	4
12. Be firm when I need to be	0	1	2	3	4
13. Experience a feeling of love for another person	0	1	2	3	4
14. Be supportive of another person's goals in life	0	1	2	3	4
15. Feel close to other people	0	1	2	3	4
16. Really care about other people's problems	0	1	2	3	4
17. Put somebody else's needs before my own	0	1	2	3	4
18. Feel good about another person's happiness	0	1	2	3	4
19. Ask other people to get together socially with me	0	1	2	3	4
20. Be assertive without worrying about hurting the other person's feelings	0	1	2	3	4

The following are things that you do too much:

21. I open up to people too much.	0	1	2	3	4
22. I am too aggressive toward other people.	0	1	2	3	4
23. I try to please other people too much.	0	1	2	3	4
24. I want to be noticed too much.	0	1	2	3	4
25. I try to control other people too much.	0	1	2	3	4
26. I put other people's needs before my own too much.	0	1	2	3	4
27. I am overly generous to other people.	0	1	2	3	4
28. I manipulate other people too much to get what I want.	0	1	2	3	4
29. I tell personal things to other people too much.	0	1	2	3	4
30. I argue with other people too much	0	1	2	3	4
31. I let other people take advantage of me too much.	0	1	2	3	4
32. I am affected by another person's misery too much.	0	1	2	3	4