HUMILITY QUESTIONS ON THE WHAT -24

1. (value of others) It is easy for me to praise others. 4

2. (reversed: inflated self value It is often difficult for me to accept the constructive criticism of a friend. 14

3. (self value) I am very aware of my personal limitations. 16

4.(Hr; self value) When I have put myself out for another, I want them to acknowledge my sacrifice. 18

5.(Hr:self value) I have earned more respect than the average person. 29

6.(Hr: devalue of others ) It frustrates me when others are praised and I am not. 54

1. (H: self limitations) I am usually quite flexible in my opinions when people disagree with me. 56
2. (Hr: value of others) I tend to be critical in my opinion of other people. 58
3. (H: value of others) I feel that every person has something to offer.61
4. (H: modesty) I rarely brag about my accomplishments. 65
5. (Hr: modesty) I have a superior intellect. 68
6. (Hr: limitations) I would never end up homeless or destitute. 73
7. (Hr: self inflation) People of lower class could never be my equal. 75
8. (H: value of others) People who are homeless are just down on their luck. 77
9. (Hr; forgiveness) I find it hard to fully forgive someone who has wronged me. 79
10. (Hr; limitations) I rarely question my own beliefs. 80
11. (Hr: superiority) When I think someone is blatantly wrong, I like to “put them in their place.” 81
12. (H; limitations) I accept responsibility for my mistakes. 83
13. (Hr; limitations) I rarely need to double check my answers on a test. 85
14. (Hr: superiority) When working with a group my ideas are usually the best. 87
15. (H:limitations) It is easy for me to admit “I don’t know” when I’m not sure of an answer. 88
16. (H; limitations) I often reflect on areas in my life where I need improvement. 89
17. (H; value of others) I often feel bad for wanting more, when so many have less than me. 93
18. (Hr: limitations) I am the master of my destiny. 95

RUMINATION QUESTIONS ON THE WHAT - 28

I often feel lonely all day long. 9

Sometimes I can feel angry all day long. 13

I rarely spend much time worrying about others think about me. 20

When I have a problem, it will linger in my mind for a long time. 23

I tend to replay past events as I would have liked them to happen. 27

When I am expecting to meet someone, I will imagine every possible scenario

 and conversation. 25

When I have a bad interaction, I tend to imagine scenarios where I could have acted differently 30

I find it difficult to distract myself from unwanted thoughts. 32

Anticipation about an exciting event often interfere with what I am doing. 35

I frequently get angry with myself. 36

Sometimes my friends tire of hearing about my problems. 39

If I have an important event coming up, I can’t stop thinking about it. 42

I find that my mind goes over things again and again. 59

When I have a problem, it will gnaw on my mind for a long time. 60

When I am expecting to meet someone, I will imagine every possible scenario and

Conversation. 62

I find myself daydreaming about things I wish I had done. 64

When I have had a bad interaction with someone, I tend to imagine how I could have acted differently. 66

I tend to replay past events as I would have liked them to happen. 67

When trying to solve a complicated problem, I find that I just keep coming back to the beginning without ever finding a solution. 69

I have never been able to distract myself from unwanted thoughts. 71

Even if I think about a problem for hours, I still have a hard time coming to a clear understanding. 72

It is very difficult for me to come to a clear conclusion about some problems,

no matter how much I think about it. 74

Sometimes I can feel upset about small things for a long time. 76

When I am trying to work out a problem, it is like I have a long debate in my mind where I keep going over different points. 78

I can’t stop thinking about things that upset me. 82

When an important event is coming up, I think about it so much that I

 work myself up. 86

I often find myself “lost” in memories. 90

During conversation, I frequently have unrelated thoughts that distract me. 91

JEALOUSY QUESTIONS ON THE WHAT- 13

I would not be very concerned finding a slip of paper in my partner’s belongings with a name and phone number on it. 3

I would be very concerned if I discovered that my partner had been secretly meeting a past romantic partner. 7

It would upset me if my romantic partner commented about their attraction toward someone. 10

I would not be upset if my romantic partner were to show a great deal of interest in talking to someone they might find attractive. 12

I would be upset if my romantic partner smiles at someone that is attractive.22

If I am suspicious about my partner’s activities I might check their phone. 24

I would not be upset at all if my romantic partner hugs and kisses an attractive friend. 28

I’d be concerned overhearing my partner describe a sex fantasy they had about

 a co-worker. 31

I rarely get upset if my partner talks about past relationships. 33

It does not bother me if my partner describes details of past sexual relationships. 40

I would be concerned if my partner frequently “checked out” attractive people. 46

I frequently ask my partner about the nature of their relationship with others. 48

I am often concerned that my partner may be attracted to someone else. 55

STRESS QUESTIONS- 15

I am easily bothered when under pressure. 2

I often get stressed out by homework. 6

I often get stressed out by trying to be organized. 11

I often get stressed out by driving in traffic. 15

I often get stressed out by family. 19

I get stressed out by negative feedback from my teacher/employer. 34

I often get stressed out by my work load. 37

I often get stressed out that I might not have enough money for necessities. 41

I often get stressed out when I have conflict with others. 43

I often get stressed out by technology problems. 45

I often get stressed out by my career goals. 49

I often get stressed out by conflicts with my partner/friends. 51

I often become stressed out by work. 84

I often get stressed out thinking about the future. 92

I often find myself becoming irritated with family or friends after a

rough day at work. 94

TRUST QUESTION- 4

I believe most people are basically honest. 1

I believe most people tell a lie when they can benefit by doing so. 8

I feel comfortable telling my partner all my secrets. 38

I believe most people answer survey questions honestly. 53

SELF-ESTEEM QUESTIONS- 11

At times I think I am no good at all. 5

I wish I could have more respect for myself. 17

I certainly feel useless at times. 22

I feel I do not have much to be proud of. 26

I take a positive attitude towards myself. 44

On the whole I am satisfied with myself. 47

I feel that I have a number of good qualities. 50

I often think about all my shortcomings, failings, faults, mistakes. 52

All in all, I am inclined to feel that I’m a failure. 57

I am able to do things as well as most other people. 63

I feel that I’m a person of worth, at least on an equal plane with others. 70