

CONTENTS

Introduction	1
--------------	---

SECTION I

GETTING AHEAD

A. How Intelligent Are You? <i>The General Mental Abilities Test</i>	11
B. Are You Afraid to Succeed? <i>The Fear of Success Scale</i>	28
C. How Good Are Your Job-Hunting Skills? <i>The Assertive Job-Hunting Survey</i>	35
D. How Comfortable Are You With Success? <i>The Impostor Phenomenon Scale</i>	42
E. How Smart Are You About Taking Tests? <i>The Test-Wiseness Test</i>	48

SECTION II

GETTING IT TOGETHER

A. How Comfortable Are You With Yourself? <i>The Self-Esteem Inventory</i>	67
B. Who Controls Your Fate? <i>The Internality, Chance, and Powerful Others Scale</i>	77

- | | | |
|----|---|-----|
| C. | How Rational Is Your View of the World? | 85 |
| | <i>The Rational Behavior Inventory</i> | |
| D. | How Much Excitement Do You Need in Your Life? | 93 |
| | <i>Sensation-Seeking Scale—Form V</i> | |
| E. | How Meaningful Is Your Life? | 102 |
| | <i>The Existential Anxiety Scale</i> | |

SECTION III

GETTING ALONG

- | | | |
|----|---|-----|
| A. | How Comfortable Are You in Social Situations? | 111 |
| | <i>The Social Interaction Self-Statement Test</i> | |
| B. | How Assertive Are You? | 120 |
| | <i>The Rathus Assertiveness Schedule</i> | |
| C. | How Dependent Are You? | 128 |
| | <i>The Interpersonal Dependency Inventory</i> | |
| D. | How Competitive Are You? | 136 |
| | <i>The Competitive-Cooperative Attitude Scale</i> | |
| E. | Are You an Argumentative Person? | 142 |
| | <i>The Argumentativeness Scale</i> | |

SECTION IV

GETTING TOGETHER

- | | | |
|----|--|-----|
| A. | How Do You Love Your Partner? | 151 |
| | <i>The Triangular Love Scale</i> | |
| B. | How Capable Are You of Being Intimate? | 158 |
| | <i>Intimacy Attitude Scale—Revised</i> | |
| C. | How Romantic Are You? | 167 |
| | <i>The Romanticism Scale</i> | |
| D. | How Jealous Are You? | 174 |
| | <i>The Self-Report Jealousy Scale</i> | |

E. How Do You Feel About Your Partner? <i>Positive Feelings Questionnaire</i>	181
--	-----

SECTION V

GETTING IT ON

A. How Much Do You Know About Sex? <i>The Sexual Knowledge Test</i>	189
B. What Do You Think About Sex? <i>The Sexual Attitudes Scale</i>	202
C. How Anxious Are You About Your Sexuality? <i>The Sexual Anxiety Inventory</i>	210
D. How Sensual Are You? <i>The Sensuality Scale</i>	217
E. How Satisfying Is Your Relationship? <i>The Relationship Assessment Scale</i>	224
Epilogue	229