

Open Focus Exercise

IS IT POSSIBLE FOR YOU TO IMAGINE OR CAN YOU IMAGINE—

the space between your eyes . . . ears . . . throat . . . shoulders . . . hips . . . thumb and first finger on each hand . . . first and middle finger on each hand . . . middle and fourth finger on each hand . . .

the space between all your fingers simultaneously . . .

that your thumbs are filled with space . . .

that your first fingers . . . middle fingers . . . fourth fingers . . . little fingers . . . hands and fingers are filled with space . . .

that the region between the tips of your fingers and your wrists . . . between your wrists and your elbows . . . between your elbows and shoulders . . . between your shoulders is filled with space . . .

that the space inside your throat is co-extensive with the space between your shoulders and in your shoulders and arms, hands, and fingers . . .

that the regions inside your shoulders, and the regions between your shoulders and fingertips are simultaneously filled with space . . .

the space between your toes . . .

that your toes are filled with space . . .

that your feet and toes . . . the region between your arches and your ankles . . . between your ankles and your knees . . . between your knees and your hips . . . between your hips is filled with space . . .

that your buttocks are filled with space . . .

that your buttocks and the region between your hips and your legs and feet and toes are simultaneously filled with space . . .

that your genitals are filled with space . . .

that the region between your genitals and your anus is filled with space . . .

that your lower abdomen . . . lower back is filled with space . . .

that your body from the diaphragm down is filled with space, including your diaphragm, your genitals, your anus, and your feet and toes . . .

the space inside your bladder

that the region between your kidneys . . . inside your kidneys . . . between your navel and your backbone . . . inside your stomach . . . inside your rib cage . . . between your ribs . . . between your shoulder blades . . . inside your breasts . . . between your breast bone and your backbone . . . between your shoulders and your ribs . . . inside your neck . . . between your shoulder blades and your chin is filled with space . . .

the space inside your lungs . . . inside your bronchial tubes as you inhale and exhale . . .

The reader may wish to participate experientially in the exercise. If so, in order to experience beneficial effects, it is important to allow at least fifteen seconds for each image. For instance, can you imagine the space between your eyes . . . (15 seconds) . . . ears . . . (15 seconds) . . . throat . . . (15 seconds) . . . etc.

the space inside your throat . . . your nose as you inhale and exhale . . .

the space between the tip of your chin and the inside of your throat . . . between the space inside your throat and the space inside your ears . . . between the space inside your throat and to the top of your head . . . between the space inside your throat and the space behind your eyes . . .

that your jaw . . . cheeks and mouth . . . tongue . . . teeth and gums . . . lips are filled with space . . .

the space between your upper lip and the base of your nose . . .

that the region around your eyes and behind your eyes is filled with space . . .

that your eyes . . . eyelids . . . nose and sinuses . . . the bridge of your nose is filled with space . . .

that the region between your eyes and the back of your neck . . . between the bridge of your nose and back of your head . . . between your temples is filled with space . . .

that your forehead . . . brain . . . spine is filled with space . . .

that your whole head is simultaneously filled with space . . .

that your whole head and your face are simultaneously filled with space . . .

that your whole head, face, neck and your whole body, including your hands, genitals and feet are simultaneously filled with space . . .

that your whole being fills with air when you inhale and your whole being is left filled with space when you exhale . . .

at the same time that you are imagining the space inside your whole body, is it possible for you to imagine the space around your body, the space between your fingers and toes, behind your neck and back, the space above your head and beneath your chair, and the space in front of you and to your sides . . .

that the boundaries between the space inside and the space outside are dissolving and that the space inside and the space outside become one continuous and unified space . . .

that this unified space, which is coextensive inside and outside, proceeds in three dimensions, front to back, right to left, and up and down . . .

that, at the same time you imagine this unified space, you can simultaneously let yourself attend equally to all the sounds that are available to you, the sound of my voice, the sounds issuing from you (and other members of the audience), and any other sounds that you may be able to hear . . .

that these sounds are issuing from and pervaded by unified space . . .

that at the same time you are attending to the space and the sounds you can also attend simultaneously to any emotions, tensions, feelings or pains that might also be present . . .

that these sensations and perceptions are permeated by space . . .

that at the same time you are aware of the space, the sounds, emotions and other body feelings, you can also be simultaneously aware of any taste, smells, thoughts and imagery that might be present . . .

that you can now admit also to awareness any sensation or experience which may have been inadvertently omitted thus far, so that you are now simultaneously aware of your entire being, of all that is you . . .

that all your experience is permeated and pervaded by space . . .

that, as you continue to practice this Open Focus exercise, you will increase your ability to enter into Open Focus more quickly and more completely and more effortlessly . . .

that, as you continue to practice this Open Focus exercise, your imagery of space will become more vivid and more pervasive . . .

that, as you continue to practice this Open Focus exercise, your ability to imagine space permeating all of your experience will continue to become more vivid and ever-present . . .

APPENDIX B

COMPLETE MEDITATION INSTRUCTIONS

Complete Meditation Instructions

I. Text of Meditation Training Tape: Week 1 (Goldstein, 1980)

In beginning we will focus the awareness and mindfulness on the process of breathing. Take some posture that is reasonably comfortable; the back straight without being stiff or tense so you shouldn't be holding yourself tight, but rather straightening the back and settling down into a relaxed posture. The hands can be on the knees, on the lap folded. Pay attention to how the hands, the position of the hands, affects the openness in the chest. Sometimes if the hands are not in the correct position the shoulders become rounded, the chest contracted and the breathing becomes difficult. Take a moment or two to settle into the body to become aware of how you are sitting; to see that the chest is soft and open, the shoulders relaxed, the back straight, without being tight. You might find it helpful to just tuck the chin slightly in, not a lot, just enough to straighten the back of the neck. You'll find that if you become mindful and aware of a good posture, which is straight and relaxed at the same time the meditation will become much easier. Let your eyes be closed softly. From time to time check the area of the eyes because there is a tendency to hold tension in the eyes and to start clenching them and tightening them. So the eyes can be closed very softly and gently. And begin by taking a few deep breaths to feel the breath throughout the

whole body. Take a few deep breaths in the way of clearing out some residual tension or holding patterns, in order to get the feeling of the sensation of the breath in the body, coming in and going out. And let the breathing come to its natural rhythm without forcing or directing it. Be aware of the sensation of the breath as it comes into the body and as it leaves; seeing how carefully you can feel the sensation of each breath. Don't force or direct or hasten the breath in any way. Let it come and go in its own time and rhythm. Be with each breath from the beginning of it, through the middle, to the end. A sustained continuity of attention. Keep the mind soft and precise in your awareness, noticing accurately the sensations and feelings of each inhalation and exhalation. When the mind wanders bring it back again to the awareness of the breathing. Each breath is an invitation to be totally aware. Feel the sensation of each breath coming into the body, leaving the body. Notice accurately the quantities of each inhalation and exhalation. Is it long? Is it short? Is it rough? Is it smooth? Is it shallow? Is it deep? We will be working primarily with the breath today and tomorrow and finding the attention to the breath as an object. As you work with mindfulness of breathing, keep in mind that it is not a breathing exercise so there is no particular right or wrong way to breathe. Meditation rather is an exercise in awareness and attentiveness; so however the breath happens to be coming is fine; simply be with it in as

caring and as careful a way as possible. You'll find that the breathing itself will go through many changes. Sometimes it is faster or slower or rougher or smoother. Sometimes it is calm, sometimes it is rough. Notice--notice with accuracy exactly the sensations that are going on with each breath. When the mind wanders we bring it back again. Keep the mind soft, which means allowing and accepting and also persevering so that every time the mind goes off--without judgment, without heaviness and without tension we simply become aware that the mind is wandering and again bring it back to a close and careful attention to the breathing.

II. Text of Meditation Training Tape: Weeks 2-5 (Beatty, 1984)

Take a moment to adjust your posture...to see if there is tight clothing and to find yourself in a comfortable upright position...letting your awareness come to rest on the sensations of breathing...on the experience in the body...of the breath as it comes and goes naturally...noting the rising and falling of the chest and abdomen or the sensations at the nose tip, as the air makes contact in its natural inward and outward movement...as you practice, can you imagine that there are no wrong experiences, that whatever occurs as you sit is the natural unfolding of your body-mind process, in this instant...and so, taking the breath as home base, as somewhere for the mind to come back to...observing also the movements of mind, the wandering mind, the thoughts, the images,...when you become aware of the mind wandering, include the breath; return gently to the sense of breathing in, breathing out...being with the beginning of the breath, the breathing all the way in naturally, effortlessly...noticing the moment when breathing in, turns to breathing out ...Following all the way to the last moment of the breath, the ending...sensations arising and passing away...thoughts arising and passing...noticing the context in which the breathing occurs in the body sitting here...How do you know this body is alive right now?...What are the sensations? ...What can you notice about the life in this body, in this moment...perhaps warm or cold areas...perhaps some aching or

pleasureful areas, tingling...pressures, heaviness...observing how these sensations also arise and pass...and noticing how the breath exists, naturally. Within this context of the body sitting here, sitting, touching the chair...feet touching the floor perhaps, and breathing...breathing as home base...the sensations of the expansion and contraction of tissues and bones...the bare sensations...adopting a nonjudgmental stance...Sometimes the breath is deep, sometimes shallow, sometimes rapid, sometimes slow...sometimes the mind stays focused easily on the breath. Sometimes it wanders, vigorously. Sometimes it is sleepy...no matter...simply settling back into this moment as it is using the breath as your guide...sometimes there may be sounds in your environment, no distractions...simply sound. Notice hearing occurring, as background, and then return to the breath...putting aside the breath consciously for a moment and turning awareness toward feeling or mood...this the more subtle aspect of mind. What is the feeling, tone, or coloring present in the mind? Can you name it? Happy, sad, bored, angry, frightened, joyful, confident...Many possibilities. What word fits the feeling now?...The mood...and how is it that you know of this feeling? Does it have a location in the body? Does it have thoughts associated with it...Letting go of the feeling as foreground, letting it sink into the background, and the breath, the sense of rising and falling, or

the nose tip sensations, come into figure, into the foreground...allowing the mind to land gently, to connect with this sensation of life of the breathing, the body sitting here...cultivating a mind which is soft, allowing, yet still drawn to being with the breath and noticing the movement of mind. Noticing sounds coming out of the environment and background. Noticing shifts of mood or feeling, noticing the body; this mass of sensations...keeping the breath as your guide. Can you imagine allowing the breath to remain your guide, and also remaining open to movements of mind, sensations of the body, sound in the environment, and also to your feelings...allowing yourself to settle back into each moment of experience as it arises.

APPENDIX C
RELATIONSHIP INVENTORY

(BARRETT-LENNARD) RELATIONSHIP INVENTORY -- FORM OS-F-64

Below are listed a variety of ways that one person may feel or behave in relation to another person.

Please consider each statement with reference to your present relationship with your _____.

Mark each statement in the left margin, according to how strongly you feel that it is true, or not true, in this relationship. Please mark every one. Write in +3, +2, +1, or -1, -2, -3, to stand for the following answers:

- | | |
|---|--|
| +3: Yes, I strongly feel that it is true. | -1: No, I feel that it is probably untrue, or more untrue than true. |
| +2: Yes, I feel it is true. | -2: No, I feel it is not true. |
| +1: Yes, I feel that it is probably true, or more true than untrue. | -3: No, I strongly feel that it is not true. |

-
- _____ 1. She respects me as a person.
 - _____ 2. She wants to understand how I see things.
 - _____ 3. Her interest in me depends on the things I say or do.
 - _____ 4. She is comfortable and at ease in our relationship.
 - _____ 5. She feels a true liking for me.
 - _____ 6. She may understand my words but she does not see the way I feel.
 - _____ 7. Whether I am feeling happy or unhappy with myself makes no real difference to the way she feels about me.
 - _____ 8. I feel that she puts on a role or front with me.
 - _____ 9. She is impatient with me.
 - _____ 10. She nearly always knows exactly what I mean.
 - _____ 11. Depending on my behaviour, she has a better opinion of me sometimes than she has at other times.
 - _____ 12. I feel that she is real and genuine with me.

⁴ Form OS-M-64 is identical to this one except for the gender of pronouns referring to the other person in the relationship.

- ___ 13. I feel appreciated by her.
- ___ 14. She looks at what I do from her own point of view.
- ___ 15. Her feeling toward me doesn't depend on how I feel toward her.
- ___ 16. It makes her uneasy when I ask or talk about certain things.
- ___ 17. She is indifferent to me.
- ___ 18. She usually senses or realises what I am feeling.
- ___ 19. She wants me to be a particular kind of person.
- ___ 20. I nearly always feel that what she says expresses exactly what she is feeling and thinking as she says it.
- ___ 21. She finds me rather dull and uninteresting.
- ___ 22. Her own attitudes toward some of the things I do or say prevent her from understanding me.
- ___ 23. I can (or could) be openly critical or appreciative of her without really making her feel any differently about me.
- ___ 24. She wants me to think that she likes me or understands me more than she really does.
- ___ 25. She cares for me.
- ___ 26. Sometimes she thinks that I feel a certain way, because that's the way she feels.
- ___ 27. She likes certain things about me, and there are other things she does not like.
- ___ 28. She does not avoid anything that is important for our relationship.
- ___ 29. I feel that she disapproves of me.
- ___ 30. She realises what I mean even when I have difficulty in saying it.
- ___ 31. Her attitude toward me stays the same: she is not pleased with me sometimes and critical or disappointed at other times.
- ___ 32. Sometimes she is not at all comfortable but we go on, outwardly ignoring it.
- ___ 33. She just tolerates me.
- ___ 34. She usually understands the whole of what I mean.
- ___ 35. If I show that I am angry with her she becomes hurt or angry with me, too.

- ___ 36. She expresses her true impressions and feelings with me.
- ___ 37. She is friendly and warm with me.
- ___ 38. She just takes no notice of some things that I think or feel.
- ___ 39. How much she likes or dislikes me is not altered by anything that I tell her about myself.
- ___ 40. At times I sense that she is not aware of what she is really feeling with me.
- ___ 41. I feel that she really values me.
- ___ 42. She appreciates exactly how the things I experience feel to me.
- ___ 43. She approves of some things I do, and plainly disapproves of others.
- ___ 44. She is willing to express whatever is actually in her mind with me, including any feelings about herself or about me.
- ___ 45. She doesn't like me for myself.
- ___ 46. At times she thinks that I feel a lot more strongly about a particular thing than I really do.
- ___ 47. Whether I am in good spirits or feeling upset does not make her feel any more or less appreciative of me.
- ___ 48. She is openly herself in our relationship.
- ___ 49. I seem to irritate and bother her.
- ___ 50. She does not realise how sensitive I am about some of the things we discuss.
- ___ 51. Whether the ideas and feelings I express are "good" or "bad" seems to make no difference to her feeling toward me.
- ___ 52. There are times when I feel that her outward response to me is quite different from the way she feels underneath.
- ___ 53. At times she feels contempt for me.
- ___ 54. She understands me.
- ___ 55. Sometimes I am more worthwhile in her eyes than I am at other times.
- ___ 56. I have not felt she tries to hide anything from herself that she feels with me.
- ___ 57. She is truly interested in me.
- ___ 58. Her response to me is usually so fixed and automatic that I don't really get through to her.

- ___ 59. I don't think that anything I say or do really changes the way she feels toward me.
- ___ 60. What she says to me often gives a wrong impression of her whole thought or feeling at the time.
- ___ 61. She feels deep affection for me.
- ___ 62. When I am hurt or upset she can recognise my feelings exactly, without becoming upset herself.
- ___ 63. What other people think of me does (or would, if she knew) affect the way she feels toward me.
- ___ 64. I believe that she has feelings; she does not tell me about that are causing difficulty in our relationship.

Please also provide the following information about yourself and the other person.

<u>Yourself</u>		<u>Other Person</u>
Age: _____ years	•	_____ years (known (or estimated)
Sex: _____ (M or F)	•	_____ (M or F)
Occupation: _____ _____	•	_____ _____
<u>Position in this relationship:</u>		
Examples: {	_____ Son _____ Client/or patient _____ Friend	_____ Mother _____ Counsellor (therapist) _____ (Best) Friend
Actual: (Please fill in)		_____ _____

APPENDIX C (cont.)

Code:..... RELATIONSHIP INVENTORY SCORING SHEET Date answered:
 R.I. form:..... 64 item forms

Type of relationship (e.g., husband/wife).....
 Respondent (e.g., wife,son).....Referent person(s).....

	Level of Regard		Empathy		Unconditionality		Congruence	
	Positive items	Answer	Positive items	Answer	Positive items	Answer	Positive items	Answer
	1	3	2		7		4	
	5	2	10		15		12	
	13	2	18		23		20	
	25	1	30		31		28	
	37	-2	34		39		36	
	41	3	42		47		44	
	57	-1	54		51		48	
	61	2	62		59		56	
Sum: Sub-total #1		10						
	Negative items	Answer	Negative items	Answer	Negative items	Answer	Negative items	Answer
	9	-2	6		3		8	
	17	-3	14		11		16	
	21	-2	22		19		24	
	29	-2	26		27		32	
	33	1	38		35		40	
	45	-2	46		43		52	
	49	1	50		55		60	
	53	-3	58		63		64	
Sum (for neg. items)		-13						
-1 x Sum: Sub-total #2		13						
Sub-total #1 + #2: Scale Score		23						

Hypothetical data inserted for one scale, to illustrate the scoring procedure.

APPENDIX D

TEST OF ATTENTIONAL AND INTERPERSONAL STYLE

Test of Attentional and Interpersonal Style

Robert M. Nideffer, Ph.D.

TAIS

Enhanced Performance Associates

12468 Bodega Way, San Diego, California 92128

IMPORTANT

1. Do not mark these test pages until you have removed each test page from the book without opening the sealed edges.
 2. Place each completed test page safely aside so that you will not mark on it again.
-

TAIS

TEST OF ATTENTIONAL AND INTERPERSONAL STYLE

INSTRUCTIONS

Read each item carefully and then answer according to the frequency with which it describes you or your behavior. For example, item 1 is "When people talk to me, I find myself distracted by the sights and sounds around me."

- | | | | | |
|--------------------------|--------------------------|-------------------------------------|--------------------------|--------------------------|
| NEVER | RARELY | SOMETIMES | FREQUENTLY | ALL THE TIME |
| <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If your answer to the first item is SOMETIMES, you would place a mark in the box under that choice.

Now....

Remove questions 1 through 24 and begin.

	NEVER	RARELY	SOMETIMES	FREQUENTLY	ALL THE TIME
1. When people talk to me I find myself distracted by the sights and sounds around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When people talk to me I find myself distracted by my own thoughts and ideas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. All I need is a little information and I can come up with a large number of ideas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My thoughts are limited to the objects and people in my immediate surroundings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I need to have all the information before I say or do anything.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The work I do is focused and narrow, proceeding in a logical fashion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I run back and forth from task to task.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I seem to work in "fits and starts" or "bits and pieces".	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. The work I do involves a wide variety of seemingly unrelated material and ideas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. My thoughts and associations come so rapidly I can't keep up with them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. The world seems to be a booming buzzing brilliant flash of color and confusion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. When I make a mistake it is because I did not wait to get all of the information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. When I make a mistake it is because I waited too long and got too much information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. When I read it is easy to block out everything but the book.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I focus on one small part of what a person says and miss the total message.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. In school I failed to wait for the teachers' instructions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I have difficulty clearing my mind of a single thought or idea.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I think about one thing at a time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I get caught up in my thoughts and become oblivious to what is going on around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I theorize and philosophize.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I enjoy quiet, thoughtful times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I would rather be feeling and experiencing the world than my own thoughts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. My environment is exciting and keeps me involved.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. My interests are broader than most people's.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	NEVER	RARELY	SOMETIMES	FREQUENTLY	ALL THE TIME
25. My interests are narrower than most people's.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. It is easy for me to direct my attention and focus narrowly on something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. It is easy for me to focus on a number of things at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. It is easy for me to keep thoughts from interfering with something I am watching or listening to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. It is easy for me to keep sights and sounds from interfering with my thoughts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Happenings or objects grab my attention.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. It is easy for me to keep my mind on a single thought or idea.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. I am good at picking a voice or instrument out of a piece of music that I am listening to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. With so much going on around me, it's difficult for me to think about anything for any length of time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. I am good at quickly analyzing complex situations around me, such as how a play is developing in football or which of four or five kids started a fight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. At stores I am faced with so many choices I can't make up my mind.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. I spend a great deal of my time thinking about all kinds of ideas I have.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. I figure out how to respond to others by imagining myself in their situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. In school I would become distracted and didn't stick to the subject.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. When I get anxious or nervous my attention becomes narrow and I fail to see important things that are going on around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. Even though I am not hungry, if something I like is placed in front of me, I'll eat it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. I am more of a doing kind of person than a thinking one.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. In a room filled with children or out on a playing field, I know what everyone is doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. It is easy for me to keep my mind on a single sight or sound.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. I am good at rapidly scanning crowds and picking out a particular person or face.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45. I have difficulty shifting back and forth from one conversation to another.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. I get confused trying to watch activities such as a football game or circus where a number of things are happening at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47. I have so many things on my mind that I become confused and forgetful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48. On essay tests my answers are (were) too narrow and don't cover the topic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	NEVER	RARELY	SOMETIMES	FREQUENTLY	ALL THE TIME
49. It is easy for me to forget about problems by watching a good movie or by listening to music.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50. I can't resist temptation when it is right in front of me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
51. In games I make mistakes because I am watching what one person does and forget about the others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
52. I can plan several moves ahead in complicated games like bridge and chess.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
53. In school I was not a "thinker".	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
54. In a roomful of people I can keep track of several conversations at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55. I have difficulty telling how others feel by watching them and listening to them talk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
56. People have to repeat things to me because I become distracted by irrelevant sights or sounds around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57. I make mistakes because I try to do too many things at once.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
58. I am good at analyzing situations and predicting in advance what others will do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59. On essay tests my answers are (were) too broad, bringing in irrelevant information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60. People fool me because I don't bother to analyze the things that they say; I take them at face value.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
61. I would much rather be doing something than just sitting around thinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62. I make mistakes because my thoughts get stuck on one idea or feeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
63. I am constantly analyzing people and situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64. I get confused at busy intersections.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
65. I am good at glancing at a large area and quickly picking out several objects, such as in those hidden figure drawings in children's magazines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
66. I get anxious and block out everything on tests.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67. Even when I am involved in a game or sport, my mind is going a mile a minute.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68. I can figure out how to respond to others just by looking at them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
69. I have a tendency to get involved in a conversation and forget important things like a pot on the stove, or like leaving the motor running on the car.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
70. It is easy for me to bring together ideas from a number of different areas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
71. Sometimes lights and sounds come at me so rapidly they make me lightheaded or dizzy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
72. People have to repeat things because I get distracted by my own irrelevant thoughts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	NEVER	RARELY	SOMETIMES	FREQUENTLY	ALL THE TIME
73. People pull the wool over my eyes because I fail to see when they are obviously kidding by looking at the way they are smiling or listening to their joking tone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
74. I can spend a lot of time just looking at things with my mind almost a complete blank except for reflecting the things that I see.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
75. I sometimes confuse others because I tell them too many things at once.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
76. I engage in physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
77. People describe me as serious.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
78. I sit alone listening to music.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
79. People take advantage of me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
80. I keep my thoughts to myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
81. I keep my feelings to myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
82. I am good at getting my own way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
83. I like to argue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
84. Others see me as a loner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
85. I talked a lot in class when I was in school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
86. I enjoy intellectual competition with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
87. I enjoy individual athletic competition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
88. I compete(d) athletically.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
89. I physically express my feelings of affection.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
90. I compete with myself intellectually.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
91. I compete with myself physically.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92. I enjoy activities with danger or an element of the unknown in them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
93. I express my opinions on issues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
94. I can keep a secret.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
95. When I believe deeply in something I find I am a poor loser and unable to compromise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
96. I am socially self-confident when interacting with those who are like myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	NEVER	RARELY	SOMETIMES	FREQUENTLY	ALL THE TIME
97. I am socially self-confident when interacting with authority figures.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
98. I am socially self-confident when talking in front of large groups.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
99. I am socially self-confident when talking with the opposite sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100. I express my anger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
101. I dated in high school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
102. People think I am a clown.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
103. I get mad and express it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
104. I get down on myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
105. I was one of the smartest kids in school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
106. I am a good person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
107. My feelings are intense.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
108. I need to help others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
109. I need to be liked.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
110. I enjoy planning for the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
111. I wish I lived in a different time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
112. I feel guilty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
113. I feel ashamed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
114. I am seen as a cold person by others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
115. I am a good mixer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
116. I am socially outgoing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
117. I have difficulty waiting for good things to happen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
118. I peeked at Christmas time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
119. When I am angry I lose control and say things that sometimes hurt others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
120. I have been angry enough that I physically hurt someone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	NEVER	RARELY	SOMETIMES	FREQUENTLY	ALL THE TIME
121. At dances or parties I find a corner and avoid the limelight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
122. I acted in dramatic productions in high school and/or college.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
123. In school the kids I hung around with were athletes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
124. In school the kids I hung around with were intellectuals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
125. In school the kids I hung around with were popular.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
126. In school the kids I hung around with were outcasts or loners.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
127. People trust me with their secrets.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
128. I am in control of interpersonal situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
129. I fought in school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
130. I have used illegal drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
131. In groups I am one of the leaders.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
132. People admire me for my intellect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
133. People admire me for my physical ability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
134. People admire me for my concern for others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
135. People admire me for my social status.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
136. I ran for class offices in school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
137. I feel as though I am a burden to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
138. People see me as an angry person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
139. I see myself as an angry person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
140. I have a lot of energy for my age.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
141. I am always on the go.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
142. I cut school in high school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
143. I have engaged in activities that could get me in trouble with the police.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
144. I guess you could call me a poor loser.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

