**FIAT-Q**

This questionnaire will ask you to respond to a number of statements. You are asked to read each statement carefully, and then think about whether the statement applies to you or does not apply to you. Then circle the number that best describes how much you agree with the statement.

###### CLASS A: ASSERTION OF NEEDS (IDENTIFICATION & EXPRESSION)

For the following statements, the term *needs* is used to stand for anything that you want including making requests for social support, or other needs you may have that are more practical.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly** | **Moderately** | **Mildly** | **Mildly** | **Moderately** | **Strongly** |
|  | **Disagree** |  **Agree** |
| 1. I have problems getting my needs met.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I get my needs met as soon as I ask.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I know when I need help or support from other people.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I realize that I need help in a particular situation after the situation has passed.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I do not know how to put my needs into words.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am able to identify the kind of help or social support I need from other people.
 | 6 | 5 | 4 | 3 | 2 | 1 |  |
| 1. I have trouble recognizing when I can ask another person for something.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I need something, I ask for it as soon as I need it.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I can identify people who are willing and able to help me with my needs.
 | 6 | 5 | 4 | 3 | 2 | 1 |  |  |
| 1. When I need help or social support, I will ask a close friend or family member.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I will ask a stranger or casual acquaintance for advice about a personal situation.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I avoid asking people for help in meeting my needs.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I start to ask another person for something, then withdraw my request.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am willing to accept assistance from someone once the person has agreed to help me.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. When someone notices that I need assistance, I deny that I need any help.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People do not respond when I ask for help or social support.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I express my needs subtly, for example, by hinting at what I need.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I ask for assistance, people understand what I need.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. In a relationship, I give a lot of emotional support, but do not get much support from the other person.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People tell me that I ask for things too often.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People don’t like the way I ask for things.
 | 1 | 2 | 3 | 4 | 5 | 6 |

###### CLASS B: BIDIRECTIONAL COMMUNICATION (IMPACT and FEEDBACK)

These statements describe how you impact or affect other people, how you give and respond to feedback. *Feedback* refers to the responses and reactions to your behavior or the behavior of others. *Feedback* is not just information provided in formal evaluations (i.e., in a work setting), it is the information from others that lets us know how we are doing. It may be verbal (expressed in words) or nonverbal (e.g., facial expressions).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly** | **Moderately** | **Mildly** | **Mildly** | **Moderately** | **Strongly** |
|  | **Disagree** |  **Agree** |
| 1. I have problems receiving feedback from other people.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I have problems giving feedback to other people.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. It is hard for me to identify when people are giving me feedback about my behavior.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I am interacting with another person, I am not sure how I affect them.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I know when I am having an unpleasant impact on others.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. The feedback I get from others seems accurate to me.
 | 6 | 4 | 2 | 2 | 4 | 6 |
| 1. I carefully consider the source of feedback before changing my behavior.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I am able to identify situations when it would be constructive to provide feedback to another person.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I avoid situations when I might be provided with feedback, e.g., speaking up in class or at a meeting.
 | 1 | 2 | 3 | 4 | 5 | 6 |  |
| 1. If I am not certain about the impact I am having on a close friend, I will ask the friend to give me feedback.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. When someone is giving me negative feedback, I shut down.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am overly aware of the impact I have on others.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am easily hurt or upset when negative feedback is given to me.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Regardless of whether feedback is positive or negative, I don’t know how to respond to it.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I change my behavior in response to the feedback that I receive.
 | 6 | 4 | 2 | 2 | 4 | 6 |
| 1. If someone gives me feedback, I believe it is that person’s problem, not my problem.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I realize I am having an unpleasant impact on someone, I try to ignore the person’s discomfort.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. If someone gives me feedback that I don’t like, I do the opposite of what the person wants.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When people give me unfavorable feedback, I argue with them.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I do not provide feedback to another person if they are having an unpleasant impact on me.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I tell people that their behavior is having a negative effect on me, they do not change what they are doing.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am told that the feedback I give is excessive and too detailed.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When providing feedback to others, I respond in a way that is brief and specific.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I am told that when I provide feedback, I am too critical of the other person.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I give feedback, I repeat my position several times.
 | 1 | 2 | 3 | 4 | 5 | 6 |

###### CLASS C: cONFLICT

These statements describe how you identify and then deal with conflict that occurs between you and another person. Here, *conflict* refers to having disagreement, or an uncomfortable interaction with someone else. Although conflict can sometimes come before violence, in these questions *conflict* does NOT refer to violence. It is very important to avoid and stop violent interactions with others.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly** | **Moderately** |  Mildly | **Mildly** | **Moderately** | **Strongly** |
|  | **Disagree** |  **Agree** |
| 1. I have problems with conflict in my relationships.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I feel uncomfortable when I experience disagreement with another person.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am aware when there is conflict with me and another person.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. When another person is angry with me, I do not understand the problem between us.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I feel that there are times when it is beneficial to express disagreement in a relationship.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I get into conflict with others over things that do not seem to matter to them.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People tell me that I want to discuss conflict at inconvenient or inappropriate times.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I will engage in conflict with another person without considering who they are.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I avoid conflict at all costs.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. In order to avoid conflict, I try to anticipate what the other person wants me to do.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I withdraw in the face of conflict, regardless of the circumstances.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. After I voice a disagreement with another person, I immediately apologize for bringing up the issue.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I am having conflict with another person, I ask what I can do to make things better between us.
 | 6 | 4 | 2 | 2 | 4 | 6 |
| 1. I am successful at resolving conflict with others.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. When I have a disagreement with another person, I explain repeatedly why I think I am right.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. During an argument, I am careful to avoid hurting the other person’s feelings.
 | 6 | 4 | 2 | 2 | 4 | 6 |
| 1. I approach solutions to conflict directly, clearly communicating what can be done to resolve our differences.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I express anger indirectly, for example, by not speaking to the other person.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People say I am not willing to compromise when there is a conflict.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I am arguing with someone, the argument goes on for a long time.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. During an argument, I feel more connected and close to the other person.
 | 1 | 2 | 3 | 4 | 5 | 6 |  |
| 1. When I am arguing with someone, the argument becomes more intense as time goes on.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I deliberately upset the other person during an argument.
 | 1 | 2 | 3 | 4 | 5 | 6 |

###### CLASS D: DISCLOSURE and INTERPERSONAL CLOSENESS

These statements describe how you may disclose, or talk about, yourself or your experiences with other people. Statements also describe your feelings about interpersonal closeness. Interpersonal closeness simply refers to being “connected to, “close with,” or “good friends with” another person. This kind of closeness may occur with friends, family, or romantic partners, but typically does not occur with casual acquaintances, such as neighbors or classmates that you seldom encounter. Interpersonally close relationships are those that involve telling others how we feel, being understood by another person, and appreciating others and their needs.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly** | **Moderately** | **Mildly** | **Mildly** | **Moderately** | **Strongly** |
|  | **Disagree** |  **Agree** |
| 1. I have problems being close with others.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I have had one or more close relationships.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I am not able to identify when it would benefit me to share my experiences with another person.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am aware when it is appropriate to ask people about their experiences.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I will share personal information with a stranger or casual acquaintance.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I will talk about myself and my experiences with only a small and select group of people.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When friends ask me about how I am doing, I choose not to tell them.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I feel the need to keep secrets from people who are close to me.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I talk about myself and my experiences with other people.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I feel it is best not to talk about my own experiences with anyone.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I start to talk about what I am going through, and then decide it is better to keep my feelings to myself.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I have told people about my problems, and then wished that I hadn’t.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Close relationships are important to me.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I do not want to share things about myself with others.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I ask other people to tell me about their feelings and their experiences.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I have difficulty making conversation with people.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I talk about my experiences, people clearly understand what I am telling them.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. After I share something personal about myself, I downplay the importance of what I’ve disclosed.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I exaggerate my good points and brag about my skills and abilities.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People say that I talk about myself in a way that downplays my good qualities.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am told that I talk too much about myself.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People tell me that when I talk about my own experience, I share information that is too personal.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I listen to others and offer them support.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I am told that in relationships, I ask for a lot of emotional support, but provide little support to the other person.
 | 1 | 2 | 3 | 4 | 5 | 6 |

###### CLASS E: Emotional Experience and eXPRESSION

The following statements describe how you identify and then express your feelings. The term “emotional experience” means all types of emotions or feelings that you have, not just the “negative” feelings like sadness, anxiety, loneliness, etc. These feelings also include love, pride, joy, humor, etc. Feelings may occur in the moment as you experience an event or interaction, or they may occur afterwards, like when you remember something.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly** | **Moderately** | **Mildly** | **Mildly** | **Moderately** | **Strongly** |
|  | **Disagree** |  **Agree** |
| 1. I have problems with my emotions.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I have problems identifying what I am feeling.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am aware of my feelings and emotional experiences as they are happening.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I fail to notice my emotions during an experience, but become aware of them when I look back at the event.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I can tell the difference between one emotion and another.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. My emotional responses make sense to me when I consider the circumstances.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I express my emotions at appropriate times and places.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I will talk about my feelings in any situation.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I intentionally hide my feelings.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I try not to feel certain emotions.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I avoid situations that might bring out strong feelings.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I allow myself to feel all emotions, even strong ones.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. When I have an unpleasant emotion, I take immediate action to stop feeling it.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am able to put a name to what I am feeling.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. I tell people that I am feeling one way, when I am actually feeling another way.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People tell me that my emotional expression is flat.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I talk about how I am feeling, I use the same few words to describe my feelings.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People tell me that they want me to express my feelings more openly.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. When I share my feelings with others, they do not react in the way that I expect.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I clearly communicate my emotions to people so that they know exactly how I feel.
 | 6 | 5 | 4 | 3 | 2 | 1 |
| 1. People say that I talk about my feelings too much.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I express my emotions in an overly intense manner.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People don’t like it when I talk about my emotions.
 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. People are annoyed by the way that I express my emotions.
 | 1 | 2 | 3 | 4 | 5 | 6 |

**SCS**

**HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES**

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner, using the following scale:

 **Almost Almost**

 **never always**

 **1 2 3 4 5**

\_\_\_\_\_1. When I fail at something important to me I become consumed by feelings of inadequacy.

\_\_\_\_\_2. I try to be understanding and patient towards those aspects of my personality I don’t like.

\_\_\_\_\_3. When something painful happens I try to take a balanced view of the situation.

\_\_\_\_\_4. When I’m feeling down, I tend to feel like most other people are probably happier than I am.

\_\_\_\_\_5. I try to see my failings as part of the human condition.

\_\_\_\_\_6. When I’m going through a very hard time, I give myself the caring and tenderness I need.

\_\_\_\_\_7. When something upsets me I try to keep my emotions in balance.

\_\_\_\_\_8. When I fail at something that’s important to me, I tend to feel alone in my failure

\_\_\_\_\_9. When I’m feeling down I tend to obsess and fixate on everything that’s wrong.

\_\_\_\_\_10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

\_\_\_\_\_11. I’m disapproving and judgmental about my own flaws and inadequacies.

\_\_\_\_\_12. I’m intolerant and impatient towards those aspects of my personality I don’t like.

**FAPIS**

Please choose a person to whom you are close with in your life and want to experience more growth with ***over the next two months***. This person could be a parent or other family member, a friend, or a romantic partner. Please answer the following questions about your relationship with this person.

1. What type of relationship are you describing?
 **○**Parent

 **○**Sibling

 **○**Other family member (please describe:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

 **○**Friend

 **○**Romantic partner

 **○**Other (please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

2. How long have you been in this relationship (in months)? \_\_\_\_\_\_\_

Please read each statement carefully and then circle the number which best describes how much the statement was true for you DURING THE PAST WEEK, INCLUDING TODAY.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 0 = Not at all12 = A little34 = A lot56 = Completely | **0** | **1** | **2** | **3** | **4** |  **5** | **6** |
|
| 1. I showed my true feelings and was completely natural with this person.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I was comfortable discussing significant problems with this person.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I felt comfortable telling this person things that I do not tell other people.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I trusted this person with my deepest thoughts and feelings.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I revealed to this person what I feel are my shortcomings.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I expressed loving, caring feelings toward this person.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I was open and loving with this person.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I attempted to get closer to this person.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I expressed my feelings about this person directly to him/her.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I kept very personal information to myself and did not share it with this person.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. When I talked to this person, I stuck to safe topics.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. There were times when I held back information from this person.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. I hid my emotions from this person.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |
| 1. At times I kept my opinions to myself because I was afraid of how this person might react.
 | **○** | **○** | **○** | **○** | **○** | **○** | **○** |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Awareness**

These questions refer to the process of noticing both those around you and your own reactions to your feelings and what you feel you might need. Please answer the following questions as they relate to you using the following scale:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **1****Never****True** | **2****Very Seldom True** | **3****Seldom****True** | **4****Sometimes True** | **5****Frequently True** | **6****Almost Always True** | **7****Always****True** |

|  |
| --- |
| 1. \_\_\_\_\_ Even when I am emotional, I can see the other person's perspective. |
| 2. \_\_\_\_\_ I am able to listen deeply to others. |
| 3. \_\_\_\_\_ I am able to understand how my values AND the values of others influence our interactions. |
| 4. \_\_\_\_\_ I am aware of actions that I take that others may judge or dislike. |
| 5. \_\_\_\_\_ I am aware of times when I could be caring, supportive, or loving toward others. |
| 6. \_\_\_\_\_ I am aware of times when others are trying to be caring, supportive, or loving toward me. |
| 7. \_\_\_\_\_ I ask questions of others to help me understand exactly what is happening for them in the moment. |
| 8. \_\_\_\_\_ I am aware of what someone else needs, even when I am arguing with them. |
| 9. \_\_\_\_\_ I can anticipate people's wants and needs. |
| 10. \_\_\_\_ I have good accurate empathy for others when it matters. |
| 11. \_\_\_\_ I know when other people are taking interpersonal risks. |
| 12. \_\_\_\_ I see the other person's perspective when we are in an intense conversation. |
| 13. \_\_\_\_ If I do not understand someone's view, I will ask for clarification. |
| 14. \_\_\_\_ It is hard for me to listen to others talk about personal problems. |
| 15. \_\_\_\_ People do not seem to understand me. |
| 16. \_\_\_\_ People tell me I am cold and distant even when I do not think I am. |
| 17. \_\_\_\_ People tell me I am an empathic person. |
| 18. \_\_\_\_ I am aware of activities, people, or situations that make me feel uncomfortable. |
| 19. \_\_\_\_ I am aware of important moments to be kind and compassionate to myself. |
| 20. \_\_\_\_ I am aware of my reactions or responses to others as they occur. |
| 21. \_\_\_\_ I am aware of what makes me feel vulnerable. |
| 22. \_\_\_\_ I am aware of how my actions affect how I feel.  |
| 23. \_\_\_\_ I feel isolated from humanity. |
| 24. \_\_\_\_ I feel my emotions without being too negative or judgmental about them, even if they are painful.  |
| 25. \_\_\_\_ I know when I am doing what matters to me. |
| 26. \_\_\_\_ I notice how other people affect how I feel. |
| 27. \_\_\_\_ I notice how what I feel affects what I do. |
| 28. \_\_\_\_ I often do not know what causes me to feel the way I do. |
| 29. \_\_\_\_ I usually do not know what I am feeling. |
| 30. \_\_\_\_ I want to get rid of my negative thoughts, feelings, and memories. |
| 31. \_\_\_\_ I am aware of my feelings as they happen. |
| 32. \_\_\_\_ I am not aware of my bodily sensations. |
| 33. \_\_\_\_ I am unwilling to experience painful thoughts and feelings. |
| 34. \_\_\_\_ When I feel something, I generally am aware of what caused it.  |
| 35. \_\_\_\_ When I feel uncomfortable, I have no idea why. |

**Courage**

These questions refer to the times when we might take risks or become brave in our lives. This courage may be small to others but feel quite profound to our own self. Please answer the following questions as they relate to you using the following scale:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **1****Never****True** | **2****Very Seldom True** | **3****Seldom****True** | **4****Sometimes True** | **5****Frequently True** | **6****Almost Always True** | **7****Always****True** |

|  |
| --- |
| 1. \_\_\_\_ I am willing to challenge those I love to become better people. |
| 2. \_\_\_\_ I challenge those around me to be honest with me and with themselves. |
| 3. \_\_\_\_ I encourage others to be brave. |
| 4. \_\_\_\_ I help other people to take risks to achieve their goals. |
| 5. \_\_\_\_ I will challenge people in service of what I think is best for them. |
| 6. \_\_\_\_ I will speak for others who can not speak for themselves. |
| 7. \_\_\_\_ I do not say things I want to to other people, even when it would help them,  because I am afraid to speak up. |
| 8. \_\_\_\_ I can resist giving someone what they want if it is not good for them. |
| 9. \_\_\_\_ I am able to say "no" to people in a loving way. |
| 10. \_\_\_\_ I can express love towards someone I love even if they are not feeling loving towards me in that moment. |
| 11. \_\_\_\_ I work to bring out the best in others. |
| 12. \_\_\_\_ I can provide loving feedback even when the process is painful. |
| 13. \_\_\_\_ I will not tell the truth in order to prevent upsetting others. |
| 14. \_\_\_\_ Even if I feel uncomfortable, I will stay in a situation until I have done what I need to do. |
| 15. \_\_\_\_ I am afraid to tell others what I think and feel. |
| 16. \_\_\_\_ I ask others for support when I need it. |
| 17. \_\_\_\_ I will act for something I believe in even if I feel fear or doubt. |
| 18. \_\_\_\_ I admit I am wrong, even if I feel uncomfortable doing so. |
| 19. \_\_\_\_ I am willing to be vulnerable in relationships. |
| 20. \_\_\_\_ I say and do what I think is right even when I am afraid. |
| 21. \_\_\_\_ I check with others about how I am doing, even if I might get negative feedback.  |
| 22. \_\_\_\_ I check with others about my effect on them. |
| 23. \_\_\_\_ I easily give up when I feel there are obstacles to what I want. |
| 24. \_\_\_\_ I persevere even when moving forward is difficult.  |
| 25. \_\_\_\_ I will not back down from conflict if it leads me toward what I value. |
| 26. \_\_\_\_ I will risk feeling uncomfortable in the service of improving my relationships with others. |
| 27. \_\_\_\_ If there is an important reason to face something that’s uncomfortable for me, I will face it. |
| 28. \_\_\_\_ Showing feelings is a sign of weakness. |

**Love**

Love is a complex feeling that can encompass a deep sense of intimacy, tenderness, compassion, or even great kindness. It can be a feeling we receive or show to others as well as a feeling we can have for ourselves, as we are open and vulnerable to our experiences. Please answer the following questions as they relate to you using the following scale:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **1****Never****True** | **2****Very Seldom True** | **3****Seldom****True** | **4****Sometimes True** | **5****Frequently True** | **6****Almost Always True** | **7****Always****True** |

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| --- |
| 1. \_\_\_\_ I act in ways that help others trust me. |
| 2. \_\_\_\_ I do not act in caring ways towards others. |
| 3. \_\_\_\_ I engage in compassionate actions to others when they are in need. |
| 4. \_\_\_\_ I create moments of warmth and connection with others. |
| 5. \_\_\_\_ I express love towards those I care about.  |
| 6. \_\_\_\_ I express tenderness and caring towards others. |
| 7. \_\_\_\_ I feel a selfless caring for most of human kind. |
| 8. \_\_\_\_ I let other people know that I understand how they feel when they are struggling. |
| 9. \_\_\_\_ I am able to intimately connect with certain people in my life.  |
| 10. \_\_\_\_ I feel connected with others just because we are all human beings. |
| 11. \_\_\_\_ I only care about other people when they can do things for me. |
| 12. \_\_\_\_ I really do not love anybody. |
| 13. \_\_\_\_ I support others when they need it. |
| 14. \_\_\_\_ I feel compassion for people even when I do not know them.  |
| 15. \_\_\_\_ I am able to express love and caring to others just with my eyes and face in key moments.  |
| 16. \_\_\_\_ I recognize moments when people need my support and caring and I give it to them in those moments.  |
| 17. \_\_\_\_ I am able to say "I love you" to the right people, at the right times, in my life. |
| 18. \_\_\_\_ When people close to me share that they love me, I share my love back to them. |
| 19. \_\_\_\_ I accept myself as I am. |
| 20. \_\_\_\_ I am accepting and non-judgmental of myself, as opposed to being unforgiving and critical. |
| 21. \_\_\_\_ I believe in the good things about myself. |
| 22. \_\_\_\_ I can not accept myself as I am. |
| 23. \_\_\_\_ I feel kindness or compassion towards myself. |
| 24. \_\_\_\_ I feel like I am loved enough in my life. |
| 25. \_\_\_\_ I feel loving towards myself. |
| 26. \_\_\_\_ I take care of myself. |
| 27. \_\_\_\_ I respond to what my body needs.  |
| 28. \_\_\_\_ When I do something difficult, I am kind to myself afterwards. |
| 29. \_\_\_\_ I forgive myself when I try and do not succeed. |
| 30. \_\_\_\_ I notice small improvements in myself and celebrate them. |
| 31. \_\_\_\_ I reward myself for my successes. |
| 32. \_\_\_\_ Love only brings me pain. |
| 33. \_\_\_\_ There is nothing good about me. |