

1. When a useful invention is developed, I would prefer ...
 - A Working on it alone in the laboratory or workshop.
 - B Uncertain
 - C Selling it to people.
2. In a factory I would prefer to ...
 - A Be involved in mechanical activities.
 - B In between
 - C Interview and hire people
3. Tired is to work as proud is to ...
 - A Success.
 - B Rest.
 - C Exercise.
4. Which of the following items is different in kind from the others?
 - A Candle
 - B Moon
 - C Electric light
5. I doubt my ability to do ordinary things as well as other people do them.
 - A Almost never
 - B Sometimes
 - C Generally
6. Small setbacks sometimes upset me too much.
 - A Yes
 - B In between
 - C No
7. I hold back from criticizing people and their ideas.
 - A Yes
 - B Sometimes
 - C No
8. I have some characteristics which make me feel superior to most other people.
 - A Yes
 - B Uncertain
 - C No
9. I have fewer friends than most people.
 - A Yes
 - B In between
 - C No
10. I attend social functions only when I have to.
 - A Yes
 - B Uncertain
 - C No
11. I think that freedom is more important than good manners and obeying rules.
 - A Yes
 - B In between
 - C No
12. I am a strict person, always doing things as correctly as possible.
 - A True
 - B In between
 - C False
13. On social occasions I ...
 - A Love the attention of others.
 - B In between
 - C Prefer to stay quietly in the background.
14. I get embarrassed if I suddenly become the focus of attention in a social group.
 - A Yes
 - B In between
 - C No
15. In school I preferred ...
 - A Music.
 - B Uncertain
 - C a subject requiring hand coordination.
16. I prefer reading ...
 - A A realistic story about military of political battles.
 - B Uncertain
 - C A sensitive and imaginative love-story.
17. I can generally accept self-centered people, even though they brag or show that they think too much of themselves.
 - A Yes
 - B In between
 - C No

18. When bossy people try to “push me around”, I do just the opposite of what they want.
 A. Yes
 B. In between
 C. No
19. I would rather be married to someone who ...
 A is socially admired.
 B Uncertain
 C Has talent for arts or writing.
20. I would love to be a reporter for a newspaper.
 A. Yes
 B. Uncertain
 C. No
21. It upsets me to argue with people who have no imagination.
 A. True
 B. In between
 C. False
22. In a risky situation ...
 A. I speak what is on my mind, even if it upsets people.
 B. In between
 C. I weigh everything and act in a calculated way.
23. I am easily persuaded by emotional arguments.
 A. Yes
 B. In between
 C. No
24. If I make a clumsy social mistake, I soon forget it.
 A. Yes
 B. In between
 C. No
25. I get discouraged when I land before ordinary difficulties.
 A. Often
 B. Sometimes
 C. Almost never
26. I am considered a dreamer who explores new ways, rather than someone who follows existing ways without criticism.
 A. True
 B. Uncertain
 C. False
27. In my newspaper I would like to read ...
 A. The local news about my area.
 B. In between
 C. A discussion of solutions to the basic social problems of our modern world.
28. In doing a project, I would rather work ...
 A. With a committee.
 B. Uncertain
 C. On my own, possibly with one or two assistants.
29. In times of sadness I feel a strong need for someone to lean on.
 A. Yes
 B. In between
 C. No
30. Sometimes I allow feelings of jealousy to influence my actions.
 A. Yes
 B. In between
 C. No
31. I become very tense when I think about what happened during the day.
 A. Very seldom
 B. Sometimes
 C. Very often
32. I often get angry with people too quickly.
 A. Yes
 B. In between
 C. No
33. I would rather read a book on ...
 A. Entertaining people.
 B. Uncertain
 C. Traveling in outer space.

34. If the salaries were the same, I would prefer to ...
 A. Be a scientist doing research.
 B. Uncertain
 C. Manage a hotel.
35. Better is to worst as slower is to ...
 A. Fast
 B. Best
 C. Quickest
36. Which of the following should come next at the end of this row of letters:
 xooooxxooooxxx
 A. xox
 B. oox
 C. oxx
37. When the time comes for something I have planned and looked forward to, I do not feel like doing it anymore
 A. Seldom
 B. Sometimes
 C. Often
38. I find myself thinking about small and unimportant worries again and again and have to make a real effort to put them out of my mind.
 A. True
 B. Occasionally
 C. False
39. I think I am better described as ...
 A. quiet
 B. in between
 C. someone who takes the lead in discussion.
40. If the odds of success are unknown, I shall ...
 A. Risk a chance
 B. Uncertain
 C. Stay on the safe side
41. I am usually considered a very enthusiastic person.
 A. Yes
 B. In between
 C. No
42. I generally believe that ...
 A. People should laugh and be merry
 B. In between
 C. Daily life should be approached with responsibility and seriousness.
43. I enjoy work that requires high levels of diligence and accuracy.
 A. Yes
 B. In between
 C. No
44. I follow rules when I find it convenient, rather than exactly to the letter.
 A. True
 B. Uncertain
 C. False
45. I am always keen to join a large gathering, for example a party, dance or public meeting.
 A. Yes
 B. In between
 C. No
46. When people treat me badly and I suspect that they don't like me, ...
 A. it doesn't upset me at all.
 B. In between
 C. I tend to become downhearted.
47. If the salaries were the same, I would rather ...
 A. Help young people to choose the right career.
 B. Uncertain
 C. Be a manager in a factory.
48. I tend to become emotional.
 A. Very rarely
 B. Sometimes
 C. Very often
49. I doubt the honesty of people who are more friendly than I expect them to be.
 A. True
 B. In between
 C. False

50. Nobody would like to see me in trouble.
 A. True
 B. Uncertain
 C. False
51. I have experienced mishaps due to being totally absent-minded.
 A. Almost never
 B. In between
 C. Many times
52. I would prefer the life of ...
 A. An artist.
 B. Uncertain
 C. An accountant or a bookkeeper.
53. I like tackle problems which other people have "messed up".
 A. Yes
 B. In between
 C. No
54. I like a job more if it requires ...
 A. Very intelligent decisions from me.
 B. Uncertain
 C. Quick, routine answers from me.
55. I prefer to ...
 A. Discuss personal matters with my friends.
 B. In between
 C. Keep personal matters to myself.
56. I sometimes have a sense of vague danger or sudden fear for no sufficient reason.
 A. Yes
 B. In between
 C. No
57. Even among a group of people, I am nevertheless sometimes feeling rejected and lonely.
 A. Yes
 B. In between
 C. No
58. I sometimes start a lively discussion to see people's reaction.
 A. Yes
 B. In between
 C. No
59. In my work more problems arise because of people who ...
 A. Are constantly changing methods that already work well.
 B. Uncertain
 C. Refuse to use the newest methods.
60. I like to do my planning alone, without interruptions and suggestions from others.
 A. Yes
 B. In between
 C. No
61. Should I travel abroad, I would prefer to ...
 A. Decide on my own which places to visit.
 B. Uncertain
 C. Travel with an organized group.
62. There are times when I can't stop pitying myself.
 A. Never
 B. Sometimes
 C. Often
63. I tend to feel afraid when I think of a difficult task ahead.
 A. Never
 B. Sometimes
 C. Usually
64. Small things sometimes "get on my nerves" unbearably, although I realize that they are trivial.
 A. Yes
 B. In between
 C. No

65. When traveling, I would rather belong to ...
 A. Talk to the people traveling with me.
 B. Uncertain
 C. Look at the view.
66. I would rather belong to ...
 A. A photographic or art club.
 B. Uncertain
 C. Dance or social club.
67. Flame is to heat as rose is to ...
 A. Thorn.
 B. Red petals
 C. Scent
68. Soon is to never as near is to ...
 A. Nowhere
 B. Far
 C. Next
69. If I could have my life over again, I would ...
 A. Plan it differently.
 B. Uncertain
 C. Want it much the same
70. I would prefer ...
 A. The life I am leading now.
 B. Uncertain
 C. A life which is more sheltered and has fewer difficulties.
71. When I know what a particular group or team should do, I take the lead.
 A. Almost always
 B. Sometimes
 C. Almost never
72. I am known as someone who offer solutions to problems most of the time.
 A. No
 B. In between
 C. Yes
73. I like being in the middle of great excitement and fun.
 A. No
 B. In between
 C. Yes
74. I could well be described as a happy-go-lucky and easy-going person.
 A. No
 B. In between
 C. Yes
75. I feel that there are too many rules in life today.
 A. Yes
 B. In between
 C. No
76. I plan my day well to avoid wasting time between tasks.
 A. Yes
 B. In between
 C. No
77. I am too shy to talk to an attractive stranger of the opposite sex.
 A. Yes
 B. In between
 C. No
78. The newspaper headline that would interest me more, is ...
 A. "Aid for children in need."
 B. Uncertain
 C. "Changes in production and marketing."
79. I am often hurt more by the way people say things than by what they say.
 A. False
 B. In between
 C. True
80. It is the fear of being caught that keeps most people from dishonest acts.
 A. Yes
 B. In between
 C. No

81. I believe that anyone will tell a lie to stay at of trouble.
 A. Yes
 B. In between
 C. No
82. I think most witnesses in court tell the truth, even if it becomes embarrassing.
 A. Yes
 B. In between
 C. No
83. What this world needs, is ...
 A. More level-headed, firm citizens.
 B. Uncertain
 C. More imaginative people planning a better future.
84. It is more important to be concerned about ...
 A. The basic meaning of life.
 B. Uncertain
 C. Taking care that one's family has everything it needs to live well.
85. If I feel like telling people just what I think of them, I ...
 A. Go ahead and tell them the truth.
 B. In between
 C. First consider the consequences of doing so
86. When I have to tell a friends something he won't like, I ...
 A. Put it off until the right moment.
 B. Uncertain
 C. Get it done as soon as possible
87. Children should be taught to ...
 A. Just be themselves
 B. Uncertain
 C. Use their opportunities to become independent, skillful and successful
88. I am almost drive to tears when matters go totally wrong.
 A. Never
 B. Sometimes
 C. Often
89. Society should place more value on the proven wisdom of our parents and less on the unproven power of our own thinking.
 A. Yes
 B. In between
 C. No
90. I like to think up ways in which our world can be improved.
 A. Yes
 B. In between
 C. No
91. My friends probably think it is hard to really get to know me.
 A. Yes
 B. In between
 C. No
92. I generally solve problems more easily by ...
 A. Discussing them with others.
 B. In between
 C. Sorting them out on my own.
93. When I have many tasks to do, I ...
 A. Keep leaving what I am busy with to o something else.
 B. In between
 C. Go about them in a purposeful, systematic way.
94. Even if the obstacles are many, I hold on and stick to my original plans.
 A. Always
 B. Sometimes
 C. Seldom

95. I often feel quite tired when I get up in the morning.
 A. No
 B. In between
 C. Yes
96. I sometimes become dizzy or lightheaded for no apparent reason.
 A. Yes
 B. Uncertain
 C. No
97. I would rather ...
 A. Work with people in a busy office
 B. In between
 C. Work alone in a quiet room.
98. Which one of the following is not of the same kind as the others?
 A. Stone
 B. Dog
 C. Cow
99. Which one of the following three numbers does not belong with the others?
 A. 7
 B. 9
 C. 13
100. Dog is to bone as cow it to ...
 A. Milk
 B. Grass
 C. Butter
101. I get strong emotional moods – anxiety, anger, laughter, etc. – that seem to have no actual cause.
 A. Yes
 B. Sometimes
 C. No
102. I get over disappointments ...
 A. Easily
 B. In between
 C. With difficulty
103. I think I can be described as someone ...
 A. Who often questions the opinions of other people.
 B. Uncertain
 C. Who easily accepts the ideas of others.
104. if I disagree with someone, I usually ...
 A. Keep my opinion to myself.
 B. Uncertain
 C. Tell him/her that my opinion differs.
105. I greatly enjoy having guests and entertaining them.
 A. True
 B. Uncaring
 C. False
106. I admire more ...
 A. A clever person, who sometimes takes chances.
 B. Uncertain
 C. A person who strongly resists temptations.
107. If my income was more than enough for ordinary daily needs, I would ...
 A. Give the rest to a church or needy organization.
 B. Uncertain
 C. Spend the rest on myself.
108. I consider myself a very sociable, outgoing person.
 A. Yes
 B. In between
 C. No
109. Sometimes I feel that I am not socially successful because I am unsure of myself.
 A. True
 B. In between
 C. False
110. I enjoy daydreaming
 A. Yes
 B. Uncertain
 C. No

111. I enjoy working with my hands, if I can use good tools or machines.
A. Yes
B. In between
C. No
112. I suspect that people who are friendly to me could be disloyal behind my back.
A. No, rarely
B. Sometimes
C. Yes, generally
113. When they cannot be seen, most people don't work as hard as they should.
A. Yes
B. Uncertain
C. No
114. If anyone betrays my trust, I ...
A. Stay very angry with him/her for a long time.
B. In between
C. Soon forgive him/her.
115. My friends think I am slightly absent-minded and impractical.
A. Yes
B. In between
C. No
116. I like friends who ...
A. Are efficient and practical.
B. In between
C. Do what they think is important, although others say they are a bit odd.
117. I can see through the plans of selfish people who are trying to harm someone.
A. True
B. Uncertain
C. False
118. I like to use my intelligence to get people to change their ideas.
A. True
B. Uncertain
C. False
119. I usually remain cheerful in spite of the problems that I experience.
A. True
B. In between
C. False
120. I sometimes feel depressed, unhappy and low-spirited without sufficient reason.
A. Yes
B. In between
C. No
121. When I am with a group of people, I agree with their ideas so that no arguments will arise.
A. Yes
B. In between
C. No
122. I would rather be known as someone who ...
A. Relies on proven methods.
B. In between
C. Always tries to apply new ideas.
123. I get tired of people.
A. Quickly
B. In between
C. Seldom
124. I prefer sport in which ...
A. One has to play in a team.
B. Uncertain
C. Each person relies on himself/herself.
125. When quick decisions must be made, I ...
A. Rely on calm, logical and objective reasoning.
B. In between
C. Become tense, excitable and unable to think clearly.
126. I tend to get over-excited and confused in tense situations.
A. Yes
B. In between
C. No

127. I am less tense than most other people.
 A. True
 B. In between
 C. False
128. I guess I am less irritable than most people.
 A. True
 B. Uncertain
 C. False
129. I talk to people ...
 A. Because I love to do so.
 B. In between
 C. Only when I have something to say.
130. April is to March as Tuesday is to ...
 A. Wednesday
 B. Friday
 C. Monday
131. Statue is to shape as song is to ...
 A. Beauty
 B. Notes
 C. Tune
132. The correct number to continue the series 1,3,2,4,3,5, is ...
 A. 4
 B. 6
 C. 8
133. I get upset by events much more quickly than other people.
 A. Yes
 B. In between
 C. No
134. I sometimes persuade people to go out when they say they would prefer to stay home.
 A. Yes
 B. Uncertain
 C. No
135. When driving in traffic, I am satisfied ...
 A. To remain behind the other cars.
 B. In between
 C. Only once I have reached the front of the queue.
136. People say that I like to have things done my own way.
 A. True
 B. In between
 C. False
137. I see it as my duty to liven up a dull party.
 A. Often
 B. Sometimes
 C. Never
138. When I have to stay at home with a bad cold, I ...
 A. Enjoy it as a short holiday.
 B. Uncertain
 C. Worry about getting behind with my work.
139. In my work, I ...
 A. Try to plan ahead.
 B. In between
 C. Hope that problems will take care of themselves when they arise.
140. When I join a new group, I feel that I am accepted immediately.
 A. Yes
 B. Uncertain
 C. No
141. Starting conversations with strangers is ...
 A. Rather difficult for me.
 B. In between
 C. Never a problem
142. As a job I would prefer ...
 A. Writing children's books
 B. Uncertain
 C. Repairing electrical appliances.

143. It upsets me when my friends criticize me.
 A. Yes
 B. Not too much
 C. Not at all
144. In my opinion, the world has ...
 A. More nice people.
 B. Uncertain
 C. More nasty people
145. I wonder what is wrong when people invite me to a big party at very short notice.
 A. No
 B. In between
 C. Yes
146. People think I am peculiar because I don't care about doing what everyone else does.
 A. True
 B. Sometimes
 C. False
147. My friends say that I ...
 A. Have both feet firmly planted on the ground.
 B. In between
 C. Am artistic and a dreamer.
148. I don't enjoy long discussions with people about serious, intellectual things.
 A. True
 B. Uncertain
 C. False
149. I value good manners and the social ability to get along with other people more than any other characteristic.
 A. Yes
 B. Uncertain
 C. No
150. It takes me along time to realize that people are making fun of me.
 A. True
 B. In between
 C. False
151. I get upset about the criticism that other people direct at me.
 A. Often
 B. Sometimes
 C. Never
152. I can always disregard the small unimportant mistakes that I have made.
 A. Yes
 B. In between
 C. No
153. I enjoy my meal most if it consists of ...
 A. Unusual, strange foods.
 B. Uncertain
 C. The usual familiar foods.
154. To get an interesting argument going, I tell people what is wrong with their ideas.
 A. Often
 B. Sometimes
 C. Never
155. A seaside beach would be more attractive to me if ...
 A. There were no people around.
 B. In between
 C. It was filled with people.
156. When my neighbors socialize, I wish that I would join in.
 A. True
 B. In between
 C. False
157. When a problem becomes difficult and may other tasks are waiting, I try ...
 A. an easier task.
 B. In between
 C. To approach the problem from a different angle.
158. I like to find excuses to put work aside for a while in order to have a little fun.
 A. Seldom
 B. Sometimes
 C. Often

159. When I have to face a hard day at work, I ...
- A. Wish it would never arrive
 - B. In between
 - C. See it as a challenge

160. During interviews, whether they are important or not, I feel ...
- A. Very tense and ill at ease.
 - B. In between
 - C. Confident and composed.

END OF THE QUESTIONNAIRE

BYLAAG B:
THE WAYS OF COPING – QUESTIONNAIRE (WCQ)

0 = Does not apply or not used 1 = Used somewhat 2 = Used quite a bit 3 = Used a great deal					
1.	I just concentrated on what I had to do next – the next step	0	1	2	3
2.	I tried to analyze the problem in order to understand it better	0	1	2	3
3.	I turned to work or another activity to take my mind off things	0	1	2	3
4.	I felt that time would have made a difference – the only thing was to wait	0	1	2	3
5.	I bargained or compromised to get something positive from the situation	0	1	2	3
6.	I did something that I didn't think could work, but at least I was doing something	0	1	2	3
7.	I tried to get the person responsible to change his or her mind	0	1	2	3
8.	I talked to someone to find out more about the situation	0	1	2	3
9.	I criticized or lectured myself	0	1	2	3
10.	I tried not to burn my bridges, but leave things open somewhat	0	1	2	3
11.	I hoped for a miracle	0	1	2	3
12.	I went along with fate; sometimes I just have bad luck	0	1	2	3
13.	I went on as if nothing had happened	0	1	2	3
14.	I tried to keep my feelings to myself	0	1	2	3
15.	I looked for the silver lining, so to speak; I tried to look on the bright side of things	0	1	2	3
16.	I slept more than usual	0	1	2	3
17.	I expressed anger to the person(s) who caused the problem	0	1	2	3
18.	I accepted sympathy and understanding from someone	0	1	2	3
19.	I told myself things that helped me feel better	0	1	2	3
20.	I was inspired to do something creative about the problem	0	1	2	3
21.	I tried to forget the whole thing	0	1	2	3
22.	I got professional help	0	1	2	3

BYLAAG B:
THE WAYS OF COPING – QUESTIONNAIRE (WCQ)

MIND GARDEN
Palo Alto, California

0 = Does not apply or not used 1 = Used somewhat 2 = Used quite a bit 3 = Used a great deal					
23.	I changed or grew as a person	0	1	2	3
24.	I waited to see what would happen before doing anything	0	1	2	3
25.	I apologized or did something to make up	0	1	2	3
26.	I made a plan of action and followed it	0	1	2	3
27.	I accepted the next best thing to what I wanted	0	1	2	3
28.	I let my feelings out somehow	0	1	2	3
29.	I realized that I had brought the problem on myself	0	1	2	3
30.	I came out of the experience better than when I went in	0	1	2	3
31.	I talked to someone who could do something concrete about the problem	0	1	2	3
32.	I tried to get away from it for a while by resting or taking a vacation.	0	1	2	3
33.	I tried to make myself feel better by eating, drinking, smoking, using drugs, or medications, etc.....	0	1	2	3
34.	I took a big chance or did something very risky to solve the problem	0	1	2	3
35.	I tried not to act too hastily or follow my first hunch	0	1	2	3
36.	I found new faith	0	1	2	3
37.	I maintained my pride and kept a stiff upper lip	0	1	2	3
38.	I rediscovered what is important in life	0	1	2	3
39.	I changed something so things would turn out all right	0	1	2	3
40.	I generally avoided being with people	0	1	2	3
41.	I didn't let it get to me; I refused to think too much about it	0	1	2	3
42.	I asked advice from a relative or friend I respected	0	1	2	3
43.	I kept others from knowing how bad things were	0	1	2	3
44.	I made light of the situation; I refused to get too serious about it	0	1	2	3
Go on to next page					

**BYLAAG B:
THE WAYS OF COPING – QUESTIONNAIRE (WCQ)**

0 = Does not apply or not used 1 = Used somewhat 2 = Used quite a bit 3 = Used a great deal					
45.	I talked to someone about how I was feeling	0	1	2	3
46.	I stood my ground and fought for what I wanted	0	1	2	3
47.	I took it out on other people	0	1	2	3
48.	I drew on my past experiences; I was in a similar situation before ...	0	1	2	3
49.	I knew what had to be done, so I doubled my efforts to make things work	0	1	2	3
50.	I refused to believe that it had happened	0	1	2	3
51.	I promised myself that things would be different next time	0	1	2	3
52.	I came up with a couple of different solutions to the problem	0	1	2	3
53.	I accepted the situation, since nothing could be done	0	1	2	3
54.	I tried to keep my feeling about the problem from interfering with other things	0	1	2	3
55.	I wished that I could change what had happened or how I felt	0	1	2	3
56.	I changed something about myself	0	1	2	3
57.	I daydreamed or imagined a better time or place than the one I was in	0	1	2	3
58.	I wished that the situation would go away or somehow be over with	0	1	2	3
59.	I had fantasies or wishes about how things might turn out	0	1	2	3
60.	I prayed	0	1	2	3
61.	I repaired myself for the worst	0	1	2	3
62.	I went over in my mind what I would say or do	0	1	2	3
63.	I thought about how a person I admire would handle this situation and used that as a model	0	1	2	3
64.	I tried to see things from the other person's point of view	0	1	2	3
65.	I reminded myself how much worse things could be	0	1	2	3
66.	I jogged or exercised	0	1	2	3
Stop Here.					