

Self-Analysis

INSTRUCTIONS: Read each sentence carefully. There are no right or wrong answers. Mark how you really feel about yourself. Y = YES, N = NO, NS = NOT SURE. No one will see this paper except you.

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|--|---|
| <input type="checkbox"/> I like myself. | <input type="checkbox"/> I am successful most of the time. |
| <input type="checkbox"/> I often get angry. | <input type="checkbox"/> Other people often laugh at me. |
| <input type="checkbox"/> I can read fairly well. | <input type="checkbox"/> Most of the time I enjoy helping others. |
| <input type="checkbox"/> People can depend on me. | <input type="checkbox"/> I have a hard time making up my mind. |
| <input type="checkbox"/> I am a very shy person. | <input type="checkbox"/> I like to be with my friends. |
| <input type="checkbox"/> I get into lots of fights. | <input type="checkbox"/> I am sad and depressed sometimes. |
| <input type="checkbox"/> I am afraid of many things. | <input type="checkbox"/> I would like to be someone else. |
| <input type="checkbox"/> I am good in spelling. | <input type="checkbox"/> I wish I lived somewhere else. |
| <input type="checkbox"/> I have many friends. | <input type="checkbox"/> I like school most of the time. |
| <input type="checkbox"/> I tell the truth. | <input type="checkbox"/> I am often nervous and upset. |
| <input type="checkbox"/> I look okay. | <input type="checkbox"/> I am good at sports and games. |
| <input type="checkbox"/> Sometimes I am clumsy. | <input type="checkbox"/> Most people dislike me. |
| <input type="checkbox"/> I often feel sick. | <input type="checkbox"/> I am a happy person most of the time. |
| <input type="checkbox"/> I am good in arithmetic. | <input type="checkbox"/> Other people enjoy my company. |
| <input type="checkbox"/> My handwriting is good. | |

1. Go back over your answers. Are you happy with the results? With how you feel about yourself? The way others feel about you?
2. Is there a pattern to your answers?
3. Will your answers influence the career you choose? Why or why not?
4. Would you change anything about yourself? If so, what?
5. How would you describe your self-concept?
6. If you had a negative self-concept, will it influence your ability to succeed?