

# SELF-EVALUATION QUESTIONNAIRE

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About you: **Age** \_\_\_\_\_ **Gender: Male / Female** (circle as appropriate)

<b>Directions:</b> A number of statements which people have used to describe themselves are given below. Read each statement and then blacken in the appropriate circle to the right of the statement to indicate <i>how you generally feel</i> . There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you generally feel.	NOT AT ALL	SOMEWHAT	MODERATELY SO	VERY MUCH SO
1. I feel pleasant	4①	②	③	④
2. I feel nervous and restless	①	②	③	④
3. I feel satisfied with myself	4①	②	③	④
4. I wish I could be as happy as others seem to be	①	②	③	④
5. I feel like a failure	①	②	③	④
6. I feel rested	4①	②	③	④
7. I am "calm, cool and collected"	4①	②	③	④
8. I feel that difficulties are piling up so that I cannot overcome them	①	②	③	④
9. I worry too much over something that really doesn't matter	①	②	③	④
10. I am happy	4①	②	③	④
11. I have disturbing thoughts	①	②	③	④
12. I lack self-confidence	①	②	③	④
13. I feel secure	4①	②	③	④
14. I make decisions easily	4①	②	③	④
15. I feel inadequate	①	②	③	④
16. I am content	4①	②	③	④
17. Some unimportant thought runs through my mind and bothers me	①	②	③	④
18. I take disappointments so keenly that I can't put them out of my mind	①	②	③	④
19. I am a steady person	4①	②	③	④
20. I get in a state of tension or turmoil as I think over my recent concerns and interests	①	②	③	④