

### *About Myself*

**Directions:**

On the back of this questionnaire are a number of sentences that people use to describe their feelings. You will be reading each sentence and deciding how often you feel the way the sentence describes.

There are no right or wrong answers. Just choose the answer that tells how you really feel.

**If you need to change an answer, DO NOT ERASE! Make an X through the incorrect answer and circle the correct answer.**

Now please turn the questionnaire over and fill out the information section at the top of the page. Be sure to answer all items.

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# Test Booklet

by William M. Reynolds, PhD

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex: ☐ Male ☐ Female Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Grade in School: \_\_\_\_\_ Ethnicity/Race: \_\_\_\_\_ School/Agency: \_\_\_\_\_  
 Mo. Day Yr.

**Directions:** Listed below are some sentences about how you feel. Read each sentence and decide how often you feel this way. Decide if you feel this way almost never, hardly ever, sometimes, or most of the time. To answer each item, circle the number under the answer that best describes how you really feel. Remember, there are no right or wrong answers. Just choose the answer that tells how you usually feel.

	Almost never	Hardly ever	Some- times	Most of the time
1. I feel happy .....	1	2	3	4
2. I worry about school.....	1	2	3	4
3. I feel lonely .....	1	2	3	4
4. I feel my parents don't like me .....	1	2	3	4
5. I feel important .....	1	2	3	4
6. I feel like hiding from people.....	1	2	3	4
7. I feel sad .....	1	2	3	4
8. I feel like crying .....	1	2	3	4
9. I feel that no one cares about me .....	1	2	3	4
10. I feel like having fun with other students.....	1	2	3	4
11. I feel sick .....	1	2	3	4
12. I feel loved.....	1	2	3	4
13. I feel like running away.....	1	2	3	4
14. I feel like hurting myself .....	1	2	3	4
15. I feel that other students don't like me.....	1	2	3	4
16. I feel upset .....	1	2	3	4
17. I feel life is unfair .....	1	2	3	4
18. I feel tired .....	1	2	3	4
19. I feel I am bad.....	1	2	3	4
20. I feel I am no good .....	1	2	3	4
21. I feel sorry for myself.....	1	2	3	4
22. I feel mad about things .....	1	2	3	4
23. I feel like talking to other students.....	1	2	3	4
24. I have trouble sleeping.....	1	2	3	4
25. I feel like having fun .....	1	2	3	4
26. I feel worried .....	1	2	3	4
27. I get stomachaches.....	1	2	3	4
28. I feel bored.....	1	2	3	4
29. I like eating meals.....	1	2	3	4
30. I feel like nothing I do helps any more .....	1	2	3	4