

# "WHAT I THINK AND FEEL"

## (RCMAS)

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### DIRECTIONS

On the back of this form, there are some sentences that tell how some people think and feel about themselves. Read each sentence carefully. Circle the word **Yes** if you think the sentence is true about you. Circle the word **No** if you think it is *not* true about you. Circle an answer for every sentence, even if it is hard to choose one that fits you. Do not circle both **Yes** and **No** for the same sentence. If you want to change an answer, draw an X through your first answer and then circle your new choice.

There are no right or wrong answers. Only you can tell us how you think and feel about yourself. Remember, after you read each sentence, ask yourself, "Is it true about me?" If it is, circle **Yes**. If it is not, circle **No**.

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

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Sex (circle one):      Girl      Boy

Today's Date: \_\_\_\_\_

School: \_\_\_\_\_

Teacher's Name (optional): \_\_\_\_\_

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Circle one answer for each sentence.

Yes	No	1. I have trouble making up my mind.
Yes	No	2. I get nervous when things do not go the right way for me.
Yes	No	3. Others seem to do things easier than I can.
Yes	No	4. I like everyone I know.
Yes	No	5. Often I have trouble getting my breath.
Yes	No	6. I worry a lot of the time.
Yes	No	7. I am afraid of a lot of things.
Yes	No	8. I am always kind.
Yes	No	9. I get mad easily.
Yes	No	10. I worry about what my parents will say to me.
Yes	No	11. I feel that others do not like the way I do things.
Yes	No	12. I always have good manners.
Yes	No	13. It is hard for me to get to sleep at night.
Yes	No	14. I worry about what other people think about me.
Yes	No	15. I feel alone even when there are people with me.
Yes	No	16. I am always good.
Yes	No	17. Often I feel sick in my stomach.
Yes	No	18. My feelings get hurt easily.
Yes	No	19. My hands feel sweaty.
Yes	No	20. I am always nice to everyone.
Yes	No	21. I am tired a lot.
Yes	No	22. I worry about what is going to happen.
Yes	No	23. Other people are happier than I.
Yes	No	24. I tell the truth every single time.
Yes	No	25. I have bad dreams.
Yes	No	26. My feelings get hurt easily when I am fussed at.
Yes	No	27. I feel someone will tell me I do things the wrong way.
Yes	No	28. I never get angry.
Yes	No	29. I wake up scared some of the time.
Yes	No	30. I worry when I go to bed at night.
Yes	No	31. It is hard for me to keep my mind on my schoolwork.
Yes	No	32. I never say things I shouldn't.
Yes	No	33. I wiggle in my seat a lot.
Yes	No	34. I am nervous.
Yes	No	35. A lot of people are against me.
Yes	No	36. I never lie.
Yes	No	37. I often worry about something bad happening to me.