

Focus of Attention

8	Is everything under control in an effective and just manner?
9	Is everyone being heard, including me?
1	What is right or wrong, correct or incorrect?
2	Am I needed? Will others like me?
3	How can I gain the respect and esteem of others?
4	Will I be rejected or feel deficient? Can I express myself?
5	Will demands be made on me for my time, energy, and resources?
6	What could go wrong here? Whom can I trust? Am I making the best decisions?
7	What is exciting? Do I feel constrained? Can I avoid pain?

Worldview

8	The world can be tough, and only the strong survive. I will protect the innocent.
9	The world is a place where I cannot assert myself; instead, I will create harmony.
1	The world is imperfect, and I work toward its improvement.
2	The world is full of people who depend on my help; therefore I am needed.
3	The world values winners, so I avoid failure at all costs.
4	In the world, others have something that I am missing. What is wrong?
5	The world is invasive, so I need privacy to guard my resources and refuel my energy.
6	The world is a threatening and unsafe place. I must be loyal and question authority.
7	The world is full of exciting opportunities so I look to the future.

Feeling misunderstood

8	I try hard to contain myself, so I feel distraught when I hear, yet again, that I overwhelm others.
9	I get confused and then quietly angry when others do not consider my polite requests and suggestions.
1	I feel hurt and angry when I am told that I criticize others, because I work so hard to control my responses.
2	I feel unappreciated and indignant when I hear that someone does not perceive me as the kind and generous person I believe myself to be.
3	I am upset and perplexed when someone tells me that I come across as cold, abrupt, or insincere.
4	I feel hurt and angry when my behavior is misinterpreted or when I am told that I am overly sensitive.
5	I am taken aback when someone says that I am aloof and act superior, and I can't understand how anyone could perceive me that way.
6	I react very strongly when people tell me I am pessimistic; after all, I keep most of my negativity to myself and try to be constructive.
7	I get distress when I discover I am not taken seriously at work, because I have more ideas and know more about most topics than other people do.