



The UNIQUE SELF TEST

Name: _____

Please read these instructions carefully

Instructions:

1. Simply answer the question by ticking the Yes or No column
2. Total the "Yes" column then multiply by 2 (eg. Yes total 8 x 2 = 16)
3. Transfer your score to the appropriate box on the back page (EG., total of column A to Box A on the back page numbered 8.)
Please note, each page is also numbered, front cover page is 1.

Hints:

1. Read the question once quickly.
2. Answer "yes" or "no" on the basis of what you feel 51% of the time.
3. Your initial response is the best answer
4. If you cannot answer the question, you may leave one unanswered question in each section.
5. There are no right or wrong answers The test only reflects your unique self.

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Abiding Life Ministries International

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PART 1 SECTION 1 Page 2.

	Yes	No
I prefer to work with things rather than people.....	<input type="checkbox"/>	<input type="checkbox"/>
I internalise my frustration with others.....	<input type="checkbox"/>	<input type="checkbox"/>
I am often critical of myself.....	<input type="checkbox"/>	<input type="checkbox"/>
People should keep the rules.....	<input type="checkbox"/>	<input type="checkbox"/>
By the end of the day I feel tired.....	<input type="checkbox"/>	<input type="checkbox"/>
People frustrate me.....	<input type="checkbox"/>	<input type="checkbox"/>
I want others to invite me to events.....	<input type="checkbox"/>	<input type="checkbox"/>
People are too inconsistent.....	<input type="checkbox"/>	<input type="checkbox"/>
I do not like others inspecting my work or giving advice.....	<input type="checkbox"/>	<input type="checkbox"/>
I want to know what will happen next.....	<input type="checkbox"/>	<input type="checkbox"/>
I'm always thinking.....	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy being alone.....	<input type="checkbox"/>	<input type="checkbox"/>
I find it difficult to fall asleep immediately.....	<input type="checkbox"/>	<input type="checkbox"/>
I want lots of information on the outcome before I act.....	<input type="checkbox"/>	<input type="checkbox"/>
I dislike change.....	<input type="checkbox"/>	<input type="checkbox"/>
I think of myself as analytical.....	<input type="checkbox"/>	<input type="checkbox"/>

Score.....

Yes total x 2

Total – Transfer to box A.....

PART 1 SECTION 2

	Yes	No
I want to be in control.....	<input type="checkbox"/>	<input type="checkbox"/>
I like a challenge.....	<input type="checkbox"/>	<input type="checkbox"/>
Rules are frustrating.....	<input type="checkbox"/>	<input type="checkbox"/>
People are lazy.....	<input type="checkbox"/>	<input type="checkbox"/>
I like others to follow my plan.....	<input type="checkbox"/>	<input type="checkbox"/>
I have lots of ideas much of the time.....	<input type="checkbox"/>	<input type="checkbox"/>
I feel circumstances box me in.....	<input type="checkbox"/>	<input type="checkbox"/>
People need to listen to me more.....	<input type="checkbox"/>	<input type="checkbox"/>
Others lack the vision to help me accomplish my goals.....	<input type="checkbox"/>	<input type="checkbox"/>
I prefer being the boss.....	<input type="checkbox"/>	<input type="checkbox"/>
Problems challenge me.....	<input type="checkbox"/>	<input type="checkbox"/>

Page 3.

	Yes	No
Others often misunderstand me.....	<input type="checkbox"/>	<input type="checkbox"/>
Others see me as harsh and uncaring.....	<input type="checkbox"/>	<input type="checkbox"/>
When I get mad everyone knows it.....	<input type="checkbox"/>	<input type="checkbox"/>
I like to see things happen immediately.....	<input type="checkbox"/>	<input type="checkbox"/>
I hate routine.....	<input type="checkbox"/>	<input type="checkbox"/>
Score.....	<input type="text"/>	<input type="text"/>
	Yes total x 2	
Total – Transfer to box B	<input type="text"/>	

PART 1 SECTION 3

	Yes	No
I enjoy being with people.....	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy staying up late when I'm with others.....	<input type="checkbox"/>	<input type="checkbox"/>
My feelings are easily hurt.....	<input type="checkbox"/>	<input type="checkbox"/>
Hurting others bothers me.....	<input type="checkbox"/>	<input type="checkbox"/>
I hate routine work.....	<input type="checkbox"/>	<input type="checkbox"/>
I prefer to work with people and not be left alone.....	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy social activities.....	<input type="checkbox"/>	<input type="checkbox"/>
I often feel that others do not like me.....	<input type="checkbox"/>	<input type="checkbox"/>
I dislike being rejected.....	<input type="checkbox"/>	<input type="checkbox"/>
I dislike being alone.....	<input type="checkbox"/>	<input type="checkbox"/>
I like to motivate other people.....	<input type="checkbox"/>	<input type="checkbox"/>
I cry easily.....	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy helping other people.....	<input type="checkbox"/>	<input type="checkbox"/>
I like to include others in my projects.....	<input type="checkbox"/>	<input type="checkbox"/>
I find myself easily influenced by others.....	<input type="checkbox"/>	<input type="checkbox"/>
I like to belong to an organisation.....	<input type="checkbox"/>	<input type="checkbox"/>
Score.....	<input type="text"/>	<input type="text"/>
	Yes total x 2	
Total – Transfer to box C	<input type="text"/>	

PART 2 SECTION 1 Page 4.

	Yes	No
Under pressure I often withdraw.....	<input type="checkbox"/>	<input type="checkbox"/>
I don't expect things to go well.....	<input type="checkbox"/>	<input type="checkbox"/>
I discipline myself when troubled.....	<input type="checkbox"/>	<input type="checkbox"/>
I analyse problems.....	<input type="checkbox"/>	<input type="checkbox"/>
Under pressure I realise the faults of others.....	<input type="checkbox"/>	<input type="checkbox"/>
I'm soft-spoken if under pressure.....	<input type="checkbox"/>	<input type="checkbox"/>
I often stay up late thinking when under stress.....	<input type="checkbox"/>	<input type="checkbox"/>
I become critical when things are not going well.....	<input type="checkbox"/>	<input type="checkbox"/>
I seek advice from others.....	<input type="checkbox"/>	<input type="checkbox"/>
Stress yields too many decisions to make	<input type="checkbox"/>	<input type="checkbox"/>
If I work harder I can fix the problem.....	<input type="checkbox"/>	<input type="checkbox"/>
I don't want to make the same mistake twice.....	<input type="checkbox"/>	<input type="checkbox"/>
I become agreeable under stress.....	<input type="checkbox"/>	<input type="checkbox"/>
Others often let me down.....	<input type="checkbox"/>	<input type="checkbox"/>
I can't seem to stop thinking about my problem.....	<input type="checkbox"/>	<input type="checkbox"/>
Under stress I become introspective.....	<input type="checkbox"/>	<input type="checkbox"/>
Score.....	<input type="text"/>	<input type="text"/>
	Yes total x 2	
Total – Transfer to box D	<input type="text"/>	

PART 2 SECTION 2

	Yes	No
I immediately confront others when under pressure.....	<input type="checkbox"/>	<input type="checkbox"/>
Conflict doesn't bother me.....	<input type="checkbox"/>	<input type="checkbox"/>
People are the main cause of problems.....	<input type="checkbox"/>	<input type="checkbox"/>
I explode during conflict.....	<input type="checkbox"/>	<input type="checkbox"/>
I want others to follow me.....	<input type="checkbox"/>	<input type="checkbox"/>
I use others to fix a problem.....	<input type="checkbox"/>	<input type="checkbox"/>
I must do something if under pressure.....	<input type="checkbox"/>	<input type="checkbox"/>
Others should listen to my ideas.....	<input type="checkbox"/>	<input type="checkbox"/>
Problems are a normal part of life.....	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy a good fight.....	<input type="checkbox"/>	<input type="checkbox"/>
Waiting is difficult.....	<input type="checkbox"/>	<input type="checkbox"/>

Page 5.

- | | Yes | No |
|--|--------------------------|--------------------------|
| Never avoid a problem..... | <input type="checkbox"/> | <input type="checkbox"/> |
| It shouldn't take long to fix a problem..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I can't help it if others won't listen..... | <input type="checkbox"/> | <input type="checkbox"/> |
| People have too much anxiety under pressure..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I believe others should lead, follow or get out of the way.... | <input type="checkbox"/> | <input type="checkbox"/> |

Score.....

Yes total x 2

Total – **Transfer to box E**.....

PART 2 SECTION 3

- | | Yes | No |
|--|--------------------------|--------------------------|
| I become depressed when things don't go well..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I persuade others to follow me..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I sell my ideas..... | <input type="checkbox"/> | <input type="checkbox"/> |
| When in conflict I avoid others..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I will often shut down under pressure..... | <input type="checkbox"/> | <input type="checkbox"/> |
| Life isn't fair..... | <input type="checkbox"/> | <input type="checkbox"/> |
| No-one likes me when there is conflict..... | <input type="checkbox"/> | <input type="checkbox"/> |
| Tomorrow is another day; things will go better..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel sorry for others..... | <input type="checkbox"/> | <input type="checkbox"/> |
| It was just a matter of time before things went bad..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I need to talk through my problems..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I attack problems differently each day..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I want others to follow me..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel there is nothing I can do..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I worry..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I contact others so they will listen..... | <input type="checkbox"/> | <input type="checkbox"/> |

Score.....

Yes total x 2

Total – **Transfer to box F**.....

PART 3 SECTION 1 Page 6

- | | Yes | No |
|--|--------------------------|--------------------------|
| I do not like being touched..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I easily remember past hurts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I want those around me to be consistent..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I only want a few close friends..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I expect too much from those I love..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I have trouble communicating my expectations..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I let others' failures build up | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't want anyone talking to me until I am ready..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I can't stand it when I am lied to..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I have trouble remembering past hurts | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't understand others wanting to be touched..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I like to be reassured that everything is all right..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't want others to think they know me..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I hold things in until I explode..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I'm too tired to talk at night..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't feel very affectionate..... | <input type="checkbox"/> | <input type="checkbox"/> |

Score.....

Yes total x 2

Total – **Transfer to box G**.....

PART 3 SECTION 2

- | | Yes | No |
|--|--------------------------|--------------------------|
| Others are too easily offended..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I want to lead in relationships..... | <input type="checkbox"/> | <input type="checkbox"/> |
| People should forgive and forget..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't like being shocked..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't want to analyse everything that is wrong..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I should be the final authority..... | <input type="checkbox"/> | <input type="checkbox"/> |
| It is not a big deal if you are not on time..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I like to show love by planning fun activities..... | <input type="checkbox"/> | <input type="checkbox"/> |
| Others don't make decisions quickly enough..... | <input type="checkbox"/> | <input type="checkbox"/> |
| People are easily offended..... | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't always have time for everyone's emotional needs..... | <input type="checkbox"/> | <input type="checkbox"/> |

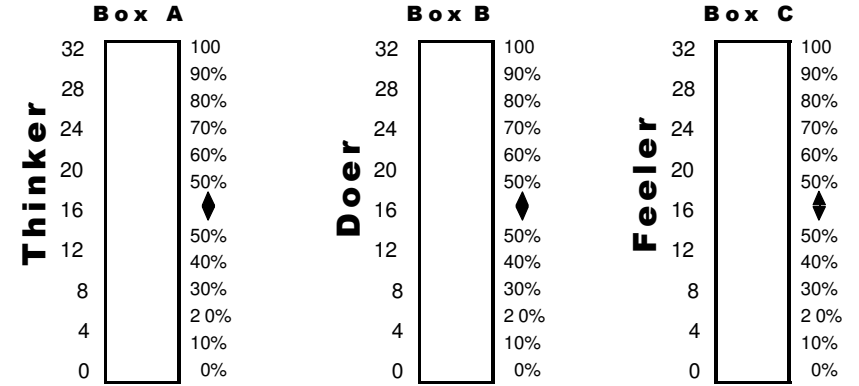
Page 7.

	Yes	No
People want too much from me.....	<input type="checkbox"/>	<input type="checkbox"/>
Those I love should not control me.....	<input type="checkbox"/>	<input type="checkbox"/>
I can't understand the complaints about me.....	<input type="checkbox"/>	<input type="checkbox"/>
I can expect others to let me down.....	<input type="checkbox"/>	<input type="checkbox"/>
I don't mind raising my voice.....	<input type="checkbox"/>	<input type="checkbox"/>
Score.....	<input type="text"/>	<input type="text"/>
	Yes total x 2	
Total – Transfer to box H.....	<input type="text"/>	

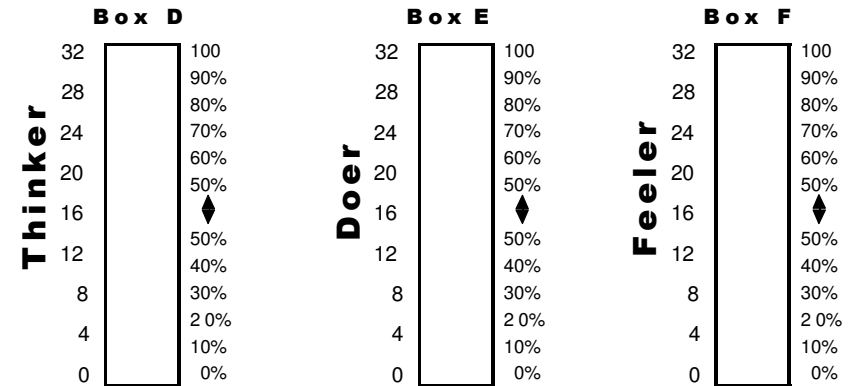
PART 3 SECTION 3

	Yes	No
I want to be praised.....	<input type="checkbox"/>	<input type="checkbox"/>
I desire that others take notice of my accomplishments.....	<input type="checkbox"/>	<input type="checkbox"/>
People need to act like they love each other.....	<input type="checkbox"/>	<input type="checkbox"/>
I like physical expressions of love.....	<input type="checkbox"/>	<input type="checkbox"/>
I want others to answer me.....	<input type="checkbox"/>	<input type="checkbox"/>
I dislike complex relationships.....	<input type="checkbox"/>	<input type="checkbox"/>
I want to be held.....	<input type="checkbox"/>	<input type="checkbox"/>
I desire popularity.....	<input type="checkbox"/>	<input type="checkbox"/>
Forgiveness is easy.....	<input type="checkbox"/>	<input type="checkbox"/>
I want as many friends as possible.....	<input type="checkbox"/>	<input type="checkbox"/>
Sometimes I give up on others.....	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy verbal acceptance.....	<input type="checkbox"/>	<input type="checkbox"/>
I like doing "big" things to show my love.....	<input type="checkbox"/>	<input type="checkbox"/>
Bad relationships can make me depressed.....	<input type="checkbox"/>	<input type="checkbox"/>
I like being appreciated.....	<input type="checkbox"/>	<input type="checkbox"/>
I want those around me to listen to me.....	<input type="checkbox"/>	<input type="checkbox"/>
Score.....	<input type="text"/>	<input type="text"/>
	Yes total x 2	
Total – Transfer to box I.....	<input type="text"/>	

SOCIAL ENVIRONMENT Page 8.



UNDER STRESS



AFFECTION

