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Brief Assessment

Directions: Read each statement carefully and then answer yes (Y) or no (N) to each item as it applies directly to you.

A. Obc

1. Y or N When faced with disorder or glitches in my schedule, I struggle with annoyance or impatience.
2. Y or N I am a person of decision and have a hard time tolerating wishy-washy situations.
3. Y or N When I tell someone I'll take care of a job, it's as good as done.
4. Y or N If a project is left unfinished, my mind keeps wandering back to it until it can be finished.
5. Y or N Often I'm so focused on a task I don't want to take time out to attend to someone's feelings.
6. Y or N I like lists.
7. Y or N I have been known to voice criticisms too easily, or I give advice too freely
8. Y or N Other people might describe me as a black-and-white in my thinking.
9. Y or N My preference is to have things neat and in their place.
10. Y or N Sometimes I feel pulled between obedience and defiance. I like putting things in order, but I don't want others telling me how to do it.

TOTAL: Y_____ N_____

B. His

1. Y or N I have been known to overstate my emotions when trying to make a point.
2. Y or N I can laugh easily and cry just as easily.
3. Y or N Not only am I not uncomfortable with groups of people, I enjoy the social arena.
4. Y or N I have a strong desire to receive love and to give it away.
5. Y or N It is hard for me to keep my feelings inside for a very long time.
6. Y or N Most people would say I add color to my surroundings.
7. Y or N I like to do things that are exciting and thrilling.
8. Y or N I have been known to display mood swings that sometimes baffle others.
9. Y or N Some people might think I am flirtatious when in fact I'm just being friendly.
10. Y or N I like doing things spontaneously rather than having to be tied to an agenda.

TOTAL: Y_____ N_____

C. Avt

1. Y or N Others might describe me as a pleasant yet hard to get to know.
2. Y or N I'd rather deal with my problems privately than air them out in the open.
3. Y or N I can go long periods of time feeling frustrated without letting others know what is going on inside.
4. Y or N I resist being tied down to promises or commitments. I am a "maybe" or "could be" person
5. Y or N There are times when I'll just leave people hanging regarding decisions I might make.
6. Y or N Sometimes when others are sharing personal issues I may quietly be tuning them out.
7. Y or N I can let problems linger rather than taking initiative to figure them out.
8. Y or N There have been times when I have indulged secret sins others still do not know about.
9. Y or N When asked how I'm doing, I'll typically answer "okay" even when I'm miserable inside.
10. Y or N People might be surprised to know how often I disagree with what they feel or believe.

TOTAL: Y _____ N _____

D. De

1. Y or N I tend to take care of other people's problems to the extent that I get wrapped up in them.
2. Y or N When others tell me what to do, my natural inclination is to try to please them.
3. Y or N Experiences of rejection strongly affect my feelings of self-worth.
4. Y or N I have been known to rescue people from their problems, even if it would probably be better to let those persons struggle on their own.
5. Y or N I would rather let other people do the confronting.
6. Y or N I would rather listen to other people talking about their problems than reveal my own.
7. Y or N When a close friend is too busy to talk to me I wonder if I have done something to offend that person.
8. Y or N Somehow troubled people seem to find their way to me.
9. Y or N I really don't mind taking on lowly jobs that others might not care to do.
10. Y or N I have been known to give to the point that it hurts. Others see this as an opportunity to manipulate me.

TOTAL: Y _____ N _____

E. Na

1. Y or N Looking good and maintaining a favorable image is important to me.
2. Y or N At social gatherings I can “shoot the breeze” with anyone, yet privately I avoid deep discussions.
3. Y or N I prefer to stay away from people who have preferences or lifestyle habits that differ significantly from mine.
4. Y or N I have a history of great highs and lows in my romantic relationships.
5. Y or N People who have made money and exude power impress me.
6. Y or N I can respond angrily or defensively when my preferences or opinions are questioned.
7. Y or N It is not unusual for me to have many acquaintances but no real confidant.
8. Y or N I can be demanding of those closest to me.
9. Y or N I like for others to know about my achievements and successes.
10. Y or N I often indulge dreams of great success or ideal love.

TOTAL: Y _____ N _____

F. Bo

1. Y or N I have a history of broken relationships.
2. Y or N Boredom comes easily to me. I need lots of stimulation.
3. Y or N Spending time by myself is very unnatural for me. I need to be around people.
4. Y or N I have had numerous experiences with alcohol abuse, sexual involvements, partying.
5. Y or N If I get involved in conservative living (church, for example) I lose interest and go to something more exciting.
6. Y or N If it appears someone may reject me, I can become vindictive and erratic.
7. Y or N Once I develop an interest in someone, I latch on quickly and strongly.
8. Y or N When I feel discouraged, I think and sometimes speak about dying.
9. Y or N I'm not above using strong threats or accusations if it will help me get my way.
10. Y or N I have sought help for my problems several times, but it hasn't really done much good.

TOTAL: Y _____ N _____

Total number of yes's

- A. Obc _____
- B. His _____
- C. Avt _____
- D. De _____
- E. Na _____
- F. Bo _____

*Taken from *The Freedom From Depression Workbook* (chapter 9) by Frank Minirth and Les Carter
My Documents / HHCC Forms / Client Handouts / Brief Assessment 7-2005