SM-R Scale

# Acronym

Surname/first name or an acronym
(make sure to remember it)

**Instructions**We would like you to fill in this questionnaire. If you are doing it on a computer, remember:

1. Save the file on the hard drive
2. In the first space, you can write your name or any acronym (but make sure to remember it)
3. Complete the questionnaire (choose only one answer)
4. You choose your answers by clicking on the square or the field where you write your answers
5. Save the changes
6. Send in the completed questionnaire
* Age
* Sex
* Marital status
* Education
* Place of residence

Read each of the 12 statements below. Circle the number next to each statement that is closest to your level of agreement with the statement. For example, if you strongly disagree with a statement, circle a 1, if you strongly agree with it, circle a 7, otherwise, circle a number in between according to the following scale:

1 - strongly disagree

2 - disagree

3 - rather disagree

4 - neither agree nor disagree

5 - rather agree

6 - agree

7 - strongly agree

**In general, I LIKE to hear...**

that I am a GREAT person [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

the TRUTH about me as a person [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

that I am the TYPE of person I THINK I am [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

that I can be a BETTER person [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

**In general, I WANT to discover…**

that I have EXCELLENT qualities [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

what I HONESTLY am like [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

that I am how I ALREADY see myself [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

that I can IMPROVE myself [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

# In general, when I THINK about myself…

I concentrate on my STRENGTHS [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

I try to be OBJECTIVE about myself [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

I KNOW who I am and I stick to that [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

I concentrate on my POTENTIAL that I can develop [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7

**Thank you for your participation in the survey!**