

**Do you believe you need to explain yourself when you say 'no' to something?**

- Always. I feel really guilty saying 'no'.
- Sometimes. I find saying 'no' quite uncomfortable.
- Never. I am happy with my reason for saying 'no'.

**When a friend / loved one cancels on you last minute, do you:**

- Get very upset and tell them they shouldn't do that.
- Get upset but don't verbalise it. Instead, you let them know through being 'off' with them.
- Get upset but don't say anything. Instead you silently unfriend them.
- Get upset but deal with your feelings and reschedule.
- Understand, manage your disappointment and reschedule.

**Do you base your self worth on how other people treat you?**

- Yes, definitely. How other people view me is how I am.
- Maybe. How other people view me is really important to me.
- No. How other people view me doesn't impact me at all.

**Are you careful about what information you share with people when you first meet them?**

- No. I am happy to share everything. It's a good way of someone getting to know me.
- I tend to wait to see how much the other person is willing to share before I share anything about myself.
- Yes, very. I have to know someone very well before sharing any information about myself.

**For me, things are either black or white, there are no shades of grey.**

- Strongly agree.
- Agree.
- Not sure.
- Disagree.
- Strongly disagree.

**Which of the following feels like disrespect to you? (Tick all that apply.)**

- Lateness.
- Swearing at you or around you.
- Being ignored.
- Being disagreed with.
- Arrangements being changed.
- Unreturned borrowed money.
- Comments on your appearance.
- Having your confidentiality broken.
- Being hugged without your permission.
- Having your feelings questioned or undermined.
- Damage to your personal belongings.
- Being pressured into something you have said no to.
- Not being appreciated for everything you do.
- Being interrupted.