**Introspective Survey**

**Read each statement and rate it according to how well it describes your inner thoughts and feelings as well as your actions.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Does notdescribe me** | **Seldomdescribes me** | **Sometimesdescribes me** | **Normallydescribes me** | **Consistentlydescribes me** | **Alwaysdescribes me** |
| **0** | **1** | **2** | **3** | **4** | **5** |

\_\_1. I have felt special since I was young.

\_\_2. I am more talented than the vast majority of people.

\_\_3. My ideas are consistently better than others’.

\_\_4. My busy life often prevents me from helping when called upon by others.

\_\_5. Most people who struggle bring it upon themselves.

\_\_6. I don’t feel as important to others as I should be.

\_\_7. I get very upset when someone does not understand me.

\_\_8. At times I get so frustrated with others I just lose it.

\_\_9. I’ve lost more friends in a lifetime than I’ve kept.

\_\_10. Although I may not say it, I get irritated when others don’t do what I wish.

\_\_11. I can’t believe how insensitive other people can be to my feelings.

\_\_12. If I’m honest, it irritates me when ordinary people ask favors that take my time and energy.

\_\_13. It’s a great source of irritation when someone with less talent than I have becomes successful.

\_\_14. I find others’ conversations and personal stories less interesting than my own.

\_\_15. I get uncomfortable if someone is more talented, attractive, interesting or engaging than I am.

\_\_16. I have few regrets in life.

\_\_17. It’s difficult to find relationships that last a long time.

\_\_18. If I help others outside my family, I do it with public knowledge, not anonymity.

\_\_19. I am frequently disappointed by people.

\_\_20. I believe I deserve the best in life in most any situation.

­­­\_\_\_\_\_\_\_Total out of a possible 100