

Affective Self-Assessment Checklist

Statements About Myself	SA	A	N	D	SD
1. I feel close to other people and have many warm ties.					
2. I have at least one person in whom I can confide and share my deepest feelings.					
3. I relate easily to authority figures.					
4. I relate well to my peers.					
5. I relate easily to those in lower ranks.					
6. My family has always been fair with me—never too demanding or too pressuring.					
7. I do not take offense when others tell me what to do.					
8. Even when others are inconsiderate of me, I try to be cooperative, respectful, and nice to them.					
9. For the most part, people are fair and do not try to take unfair advantage of me.					
10. Sometimes people expect more of me than my capabilities allow.					
11. I feel good about myself as compared with others.					
12. I am not afraid to look at myself objectively and understand what makes me “tick.”					
13. I have no problem showing my feelings—whether of happiness, love, anger, fear, etc.					
14. I have a firm set of values regarding right and					