

1. When I fail at something important to me I become consumed by feelings of inadequacy?

1 **2** **3** **4** **5**

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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2. I try to be understanding and patient towards those aspects of my personality I don't like

1 **2** **3** **4** **5**

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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3. When something painful happens I try to take a balance view of the situation cultural purposes?

1 **2** **3** **4** **5**

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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4. When I'm feeling down, I tend to feel like most other people are probably happier than I am?

1 **2** **3** **4** **5**

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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5. I try to see my feelings as part as part of the human condition.

1 **2** **3** **4** **5**

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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6. When I'm going through a very hard time, I give myself the caring and tenderness I need.

1 2 3 4 5

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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7. When something upsets me I try to keep my emotions in balance.

1 2 3 4 5

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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8. When I fail at something that's important to me, I tend to feel alone in my failure.

1 2 3 4 5

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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9. When I'm feeling down I tend to obsess and fixate on everything that's wrong.

1 2 3 4 5

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

1 2 3 4 5

Never	Once or twice in	Every Month	Every Week	Every Day
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	the past year			
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11. I'm disapproving and judgmental about my own flaws and inadequacies.

1 2 3 4 5

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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12. I'm intolerant and impatient towards those aspects of my personality I don't like.

1 2 3 4 5

Never	Once or twice in the past year	Every Month	Every Week	Every Day
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