(93) Differentiate of Self Inventory: “I” Position Scale

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | These are questions concerning your thoughts and feelings about yourself and relationships with others. Please read each statement carefully and decide how much the statement is generally true of you on a 1 (not at all) to 6 (very) scale. If you believe that an item does not pertain to you (e.g., you are not currently married or in a committed relationship, or one or both of your parents are deceased), please answer the item according to your best guess about what your thoughts and feelings would be in that situation. Be sure to answer every item and try to be as honest and accurate as possible in your responses. | Not at all true | Not true | Somewhat not true | Somewhat true | True | Very true |
| 1. | I tend to remain pretty calm even under stress. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. | No matter what happens in my life, I know that I'll never lose my sense of who I am. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. | 1 usually do not change my behavior simply to please another person. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. | When I am having an argument with someone, I can separate my thoughts about the issue from my feelings about the person. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. | There’s no point in getting upset about things I cannot change. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. | I’m fairly self-accepting. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. | I am able to say “no” to others even when I feel pressured by them. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. | I’m less concerned that others approve of me than I am in doing what I think is right. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. | I usually do what I believe is right regardless of what others say. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. | I tend to feel pretty stable under stress. | 1 | 2 | 3 | 4 | 5 | 6 |