

Iowa Personality Screener

Name

Date

The questions listed below relate to your thoughts and feelings. If the way you have been in recent weeks or months differs from the way you usually are, please answer based on when you were your usual self.

1a. Some people find their mood changes frequently - as if they spend every day on an emotional roller coaster. For example, they might switch from feeling angry to depressed to anxious many times a day. Does this sound like you?

YES

NO

1b. If YES, have you been this way most of your life?

YES

NO

2a. Some people prefer to be the center of attention, while others are content to remain on the edge of things. Would you describe yourself as preferring to be the center of attention?

YES

NO

2b. If YES, does it bother you when someone else is in the spotlight?

YES

NO

3a. Do you frequently insist on having what you want right now, even when waiting a little longer would get you something much better?

YES

NO

3b. Do you often get in trouble at work or with friends because you act excited at first but then lose interest in projects and don't follow through?

YES

NO

4. Do you find that most people will take advantage of you if you let them know too much about you?

YES

NO

5a. Do you generally feel nervous or anxious around people?

YES

NO

5b. Do you avoid situations where you have to meet new people?

YES

NO

6a. Do you avoid getting to know people because you're worried they may not like you?

YES

NO

6b. If YES, has this affected the number of friends that you have?

YES

NO

7a. Do you keep changing the way you present yourself to people because you don't know who you really are?

YES

NO

7b. Do you often feel like your beliefs change so much that you don't know what you really believe any more?

YES

NO

8. Do you often get angry or irritated because people don't recognize your special talents or achievements as much as they should?

YES

NO

9a. Do you often suspect that people you know may be trying to cheat or take advantage of you?

YES

NO

9b. If YES, do you worry about this a lot?

YES

NO

10. Do you tend to hold grudges or give people the silent treatment for days at a time?

YES

NO

11a. Do you get annoyed when friends or family complain about their problems?

YES

NO

11b. Do people complain that you're not very sympathetic to their problems?

YES

NO

Please return this form to the office one day prior to your appointment or email it to hwanderson@q.com. Or, you may FAX it to 970-205-9462. If you choose to email it you can go to Sendinc at www.sendinc.com and mail it securely. You will need to set up an account, which is free. Thank you.