

Other Test: PSI Type

Decide for whom you would like to complete this questionnaire. Indicate the extent to which each of the following statements describe the person (potentially also in comparison with yourself or other people).

1. When something has made them very sad, they can pull themselves together quickly.

0	1	2	3	4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all true	Hardly true	Somewhat true	Mostly true	Completely true

2. When too many unfinished tasks sap their energy or make them feel paralyzed, they can get themselves back on track if they need to.

0	1	2	3	4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all true	Hardly true	Somewhat true	Mostly true	Completely true

3. If they have just had a big fight with someone they care about, it's hard for them to tackle the important things they need to do.

4	3	2	1	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all true	Hardly true	Somewhat true	Mostly true	Completely true

4. When having too much to do spoils the pleasure of getting things done, they have trouble to get themselves going.

4	3	2	1	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all true	Hardly true	Somewhat true	Mostly true	Completely true

5. When something important has gone terribly wrong, they can let it be for the moment in order to focus on their other tasks.

0	1	2	3	4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all true	Hardly true	Somewhat true	Mostly true	Completely true

6. When they feel incapacitated from having to take care of one unpleasant chore after another, they can get themselves motivated again if they want to.

0	1	2	3	4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all true	Hardly true	Somewhat true	Mostly true	Completely true

7. When they feel discouraged because someone has told them that they have done a bad job, they have a lot of trouble concentrating on new challenges.

4	3	2	1	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all true	Hardly true	Somewhat true	Mostly true	Completely true

8. When they already know in the morning that they have to do something really unpleasant, then it is hard for them to get geared up for the day.

4	3	2	1	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all true	Hardly true	Somewhat true	Mostly true	Completely true

Scoring

Calculate the scores as follows:

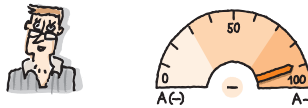
Question 1 + Question 3 + Question 5 + Question 7 = ... Score for negative affect

Question 2 + Question 4 + Question 6 + Question 8 = ... Score for positive affect

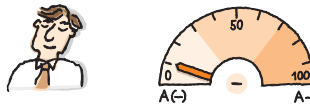
Interpretation

1. Score for negative affect

- a. 0–8 She/he easily gets stuck in negative affect. You will probably recognize this person to some extent in Rita.

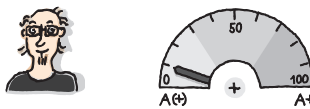


- b. 9–16 She/he cannot easily bear negative affect. You will probably recognize this person to some extent in Thomas.



2. Score for positive affect

- a. 0–8 When being down, she/he cannot easily restore positive affect. You will probably recognize this person to some extent in Manuel.



- b. 9–16 She/he tends to stick to positive affect and act spontaneously, even if it would be feasible to wait and think before acting. You will probably recognize this person to some extent in Mona.

