

Self Test: PSI Type

Choose an area of life (e.g., work, family). Then indicate the extent to which each of the following statements describe you specifically in this area of life (potentially also in comparison with other people).

1. When something has made me very sad, I can pull myself 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 my energy or make me feel paralyzed, I can get myself back on track if I 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. When I've just had a big fight with someone I care about, it's hard for me to tackle the important things I 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, I have trouble to get myself 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, I can let it be for the moment in order to focus on my 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 I feel incapacitated from having to take care of one unpleasant chore after another, I can get myself motivated again if I 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 I feel discouraged because someone has told me that I have done a bad job, I 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 I already know in the morning that I have to do something really unpleasant, then it is hard for me 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 your scores as follows:

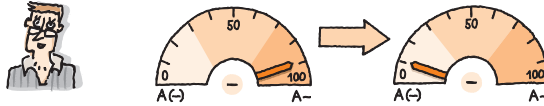
Question 1 + Question 3 + Question 5 + Question 7 = ... Score for **negative** affect

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

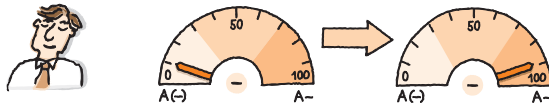
Interpretation

1. Your score for negative affect

- a. **0–8** You easily get stuck in negative affect. You will probably recognize yourself to some extent in Rita. Your personal challenge is to learn self-soothing.

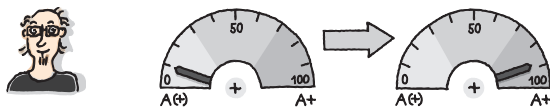


- b. **9–16** It is hard for you to look at negative affect. You will probably recognize yourself to some extent in Thomas. Your personal challenge is to learn self-confrontation.



2. Your score for positive affect

- a. **0–8** When you are down, it is hard for you to restore positive affect. You will probably recognize yourself to some extent in Manuel. Your personal challenge is to learn self-motivation.



- b. **9–16** You tend to stick to positive affect and act spontaneously even if it would be feasible to wait and think before acting. You will probably recognize yourself to some extent in Mona. Your personal challenge is to learn self-restraint.

