Standardized Assessment of Personality - Abbreviated Scale (SAPAS)

*Instructions:* Circle YES if the description applies most of the time in most situations. Otherwise circle NO.

1. In general, do you have difficulty making and keeping friends? 
   - YES
   - NO

2. Would you normally describe yourself as a loner? 
   - YES
   - NO

3. In general, do you trust other people? 
   - YES
   - NO

4. Do you lose your temper easily? 
   - YES
   - NO

5. Are you normally an impulsive sort of person? 
   - YES
   - NO

6. Are you normally a worrier? 
   - YES
   - NO

7. In general, do you depend on others a lot? 
   - YES
   - NO

8. In general, are you a perfectionist? 
   - YES
   - NO