

Standardized Assessment of Personality - Abbreviated Scale (SAPAS)

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

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| 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 |