

Fold the paper on the dark vertical line so that the columns on the right aren't visible. Then read each statement below. Rate each statement for 0 to 5 according to how well it matches you (0 = NOT AT ALL; 5 = VERY TRUE). Next, unfold the paper and transfer the number to the shaded block on the same row. Finally, add the numbers up in the column and put the total in the boxes at the bottom!