

Self-description Questionnaire

OPD-SQS

On the following pages you will find a number of statements that describe various characteristics of a person. Please indicate to what extent these statements apply to you. Please tick the answer which describes you the best in general. There are no right or wrong answers because people differ in the way they perceive themselves. Some statements apply to relationships. Please answer those questions according to how you usually see yourself in relationships. If you have not yet been in a romantic relationship, imagine how you would see yourself in one.

		fully disagree	partly disagree	neither agree nor disagree	partly agree	fully agree
1.	I sometimes feel like a stranger to myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	If I think too much about myself, I tend to get confused.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	It can be dangerous to let others get too close to you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	I find it difficult to make others understand me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	There is often such a chaos of feelings inside me that I couldn't even describe it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	I sometimes misjudge how my behaviour affects others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	If others know a lot about me I often feel somehow controlled or observed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	Sometimes my feelings are so intense that I get scared.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	I've been hurt badly because I misjudged someone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	I find it hard to get in contact with other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	I don't have good self-esteem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	My experience is: If you trust people too much you can get nasty surprises.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>