

## CHECK LIST OF INTERPERSONAL TRANSACTIONS

(Self-Rating Form: R)

**DIRECTIONS.** The following pages contain lists of actions that can occur in interactions between two persons. Your task is to check each item which accurately describes an action typically exhibited by you in your transactions with other people.

To help you make these judgments, imagine that, for some time, a hidden "observer" has followed you around daily as you interacted with other persons in your life. Make your judgments about occurrence of your actions with others based on what this hidden observer would have typically seen.

In order to receive a check, the action described by a particular item must have occurred at least once in your transactions with others and must also be judged by you as typical of the way you interact with others. If an item describes an action that does not typically occur in your interactions with others, leave that item blank.

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WHEN WITH OTHERS. . .

- \_\_\_\_\_ 1. I am quick to take charge of a conversation or discussion, or to offer suggestions about what needs to be done
- \_\_\_\_\_ 2. I am hesitant to express approval or acceptance of them
- \_\_\_\_\_ 3. I am careful not to let my feelings show clearly; or I speak undemonstratively, with little variation in tone or manner
- \_\_\_\_\_ 4. I find it difficult to take the initiative; or I look to them for direction or focus; or I show a desire to do whatever they want
- \_\_\_\_\_ 5. I am receptive and cooperative to their requests, directions, appeals, or wishes; or I am quick to assist or work together with them
- \_\_\_\_\_ 6. I express pleasure in myself; or I comment on my own accomplishments, awards, or successes
- \_\_\_\_\_ 7. I scan carefully to detect any of their reactions, evaluations, or motives that might have a harmful intent
- \_\_\_\_\_ 8. I show little attention, interest, curiosity, or inquisitiveness about their personal lives, affairs, feelings, or opinions
- \_\_\_\_\_ 9. I wait for or follow their lead regarding topics or issues to discuss, directions or actions to pursue
- \_\_\_\_\_ 10. I am quick to express approval or acceptance of them
- \_\_\_\_\_ 11. I speak or act emotionally or melodramatically, or with much variation in tone or manner
- \_\_\_\_\_ 12. I show an intense task focus or desire to "get down to business"; or I suggest directions or objectives
- \_\_\_\_\_ 13. I am quick to resist, not cooperate, or refuse to comply with their requests, directions, appeals, or wishes
- \_\_\_\_\_ 14. I make self-critical statements; or I express low self-worth; or I apologize frequently
- \_\_\_\_\_ 15. I gaze at them in an open, receptive, trusting, non-searching manner
- \_\_\_\_\_ 16. I inquire into or express attention, interest, or curiosity about their personal lives, affairs, feelings, or opinions

## WHEN WITH OTHERS. . .

- \_\_\_\_\_ 17. I dominate the flow of conversation, or change the topic, or interrupt and "talk them down"
- \_\_\_\_\_ 18. I avoid at any cost showing affection, warmth, or approval
- \_\_\_\_\_ 19. I endlessly preface or qualify statements to the place where points I'm making get lost, or my views or positions seem unclear or ambiguous
- \_\_\_\_\_ 20. I go out of my way to give them credit for their contributions, or to admire or praise them for their good ideas or suggestions
- \_\_\_\_\_ 21. I inconvenience myself or sacrifice to contribute, help, assist, or work cooperatively with them
- \_\_\_\_\_ 22. I am cocky about my positions or decisions; or I make it abundantly clear I can do things by myself; or I avoid any hint that they can help
- \_\_\_\_\_ 23. I express doubt, mistrust, or disbelief regarding their intentions or motives
- \_\_\_\_\_ 24. I refrain at all costs from close visual or physical contact or direct body orientation with them
- \_\_\_\_\_ 25. I find it almost impossible to take the lead, or to initiate or change the topic of discussion
- \_\_\_\_\_ 26. I constantly express approval, affection, or effusive warmth to them
- \_\_\_\_\_ 27. I make startling or "loaded" comments; or I take liberties with facts to embellish stories
- \_\_\_\_\_ 28. I work hard to avoid giving them credit for any contribution; or I imply or claim that good ideas or suggestions were my own
- \_\_\_\_\_ 29. I am openly antagonistic, oppositional, or obstructive to their statements, suggestions, or purposes
- \_\_\_\_\_ 30. I am hesitant or embarrassed to express my opinions; or I conduct myself in an unsure, unconfident, or uneasy manner
- \_\_\_\_\_ 31. I respond openly, candidly, or revealingly to the point of "telling all"
- \_\_\_\_\_ 32. I continually stand, sit, move or lean toward them to be physically close

## WHEN WITH OTHERS. . .

- \_\_\_\_\_ 33. I express firm, strong personal preferences; or I stand up for my own opinions or positions
- \_\_\_\_\_ 34. I act in a stiff, formal, unfeeling, or evaluative manner
- \_\_\_\_\_ 35. I find it difficult to express my thoughts simply or without qualifications; or I work to find precise words to express my thoughts
- \_\_\_\_\_ 36. I am content, unquestioning, or approving about the focus or direction of a given topic of discussion or course of action; or I am quick to follow their lead
- \_\_\_\_\_ 37. I express appreciation, delight, or satisfaction about them, our situation, or our task
- \_\_\_\_\_ 38. I prefer to rely on my own resources to make decisions or solve problems
- \_\_\_\_\_ 39. I claim that they misunderstand, misinterpret, or misjudge my intents or actions
- \_\_\_\_\_ 40. I remain aloof, distant, remote, or stand-offish from them
- \_\_\_\_\_ 41. I claim I don't have an opinion, preference, or position, or that "it doesn't matter," "whatever you want," "I don't know," etc.
- \_\_\_\_\_ 42. I act in a relaxed, informal, warm, or nonjudgmental manner
- \_\_\_\_\_ 43. I make comments or replies that "pop out" quickly and energetically
- \_\_\_\_\_ 44. I question or express reservation or disagreement about the focus or direction of the conversation or course of action
- \_\_\_\_\_ 45. I grumble, gripe, nag, or complain about them, our situation, or our task
- \_\_\_\_\_ 46. I readily ask them for advice, help, or counsel
- \_\_\_\_\_ 47. I communicate that I am sympathetic or fair in interpreting or judging their intents or actions
- \_\_\_\_\_ 48. I am absorbed in, attentive to, or concentrate intensely on what they say or do

## WHEN WITH OTHERS. . .

- \_\_\_\_\_ 49. I state preferences, opinions, or positions in a dogmatic or unyielding manner
- \_\_\_\_\_ 50. I have absolutely no room for sympathy, compromise, or mercy regarding their mistakes, weaknesses, or misconduct
- \_\_\_\_\_ 51. I "talk around" or hedge on evaluations of them, events, or objects; or I constantly minimize expressions of my feelings
- \_\_\_\_\_ 52. I make statements that are deferentially, softly, or carefully presented as if I desperately want to avoid any implication of disapproval, criticism, or disagreement
- \_\_\_\_\_ 53. I seem always to agree with or accommodate them; or I seem impossible to rile
- \_\_\_\_\_ 54. I brag about my achievements, successes, or good-fortune; or I "put on airs" as if in complete control of my life
- \_\_\_\_\_ 55. I express harsh judgment, "never forgetting," or no forgiveness for their mistakes, weaknesses, or injurious actions
- \_\_\_\_\_ 56. I seem constantly uncomfortable with them as if I want to leave or be by myself
- \_\_\_\_\_ 57. I express my own preferences hesitantly or weakly; or I yield easily to their viewpoints; or I back down quickly when they question or disagree
- \_\_\_\_\_ 58. I go out of my way to understand or be sympathetic towards them, or to find something about them to approve of, endorse, or support
- \_\_\_\_\_ 59. I constantly overstate evaluations of them, events, or objects; or I exaggerate expression of my feelings
- \_\_\_\_\_ 60. I make comments that avoid sharing credit with them for good happenings or joint accomplishments; or I "play up" my own contributions
- \_\_\_\_\_ 61. I argumentatively challenge or refute their statements or suggestions; or I "tell them off," "let them have it" when I disagree
- \_\_\_\_\_ 62. I claim I am a constant failure, or I am helpless, witless, or at the mercy of events and circumstances
- \_\_\_\_\_ 63. I express unbending sympathy, understanding, or forgiveness for their hurtful or injurious actions
- \_\_\_\_\_ 64. I find it difficult to leave them; or I go out of my way to secure more and more of their company

## WHEN WITH OTHERS. . .

- \_\_\_\_\_ 65. I seize opportunities to instruct or explain things, or to give them advice
- \_\_\_\_\_ 66. I express stringent, exacting, rigorous standards or expectations of them
- \_\_\_\_\_ 67. I delay giving clear answers or postpone decisions; or I deliberate carefully before speaking or acting
- \_\_\_\_\_ 68. I make comments that give them credit for any good happenings or joint accomplishments; or I point out their contributions while "playing down" my own
- \_\_\_\_\_ 69. I am attentive to, considerate or solicitous of their feelings; or I am sensitive to pressures or stresses in their lives
- \_\_\_\_\_ 70. I express my opinions with conviction and ease; or I conduct myself in a confident, assured, and unruffled manner
- \_\_\_\_\_ 71. in response to their inquiries or probings, I act evasively as if I'm hiding important secrets
- \_\_\_\_\_ 72. I am slow to respond or speak to them; or I seem distracted by my own thoughts
- \_\_\_\_\_ 73. I am quick to agree with their opinions or to comply with their directions or preferences
- \_\_\_\_\_ 74. I express lenient, soft-hearted, or compassionate standards or expectations of them
- \_\_\_\_\_ 75. I make hasty decisions; or I jump into new activities with little premeditation
- \_\_\_\_\_ 76. I challenge or dispute their ideas or statements; or I attempt to get the better of them or put them down
- \_\_\_\_\_ 77. I ignore, overlook, or am inconsiderate of their feelings; or I disregard pressures or stresses in their lives
- \_\_\_\_\_ 78. I urgently solicit their advice, help, or counsel even for everyday troubles or difficulties
- \_\_\_\_\_ 79. I show trust in or reliance upon their good intentions or motives; or I cast their behavior in the best possible "light"
- \_\_\_\_\_ 80. I am careful to acknowledge and be responsive to their statements and actions

## WHEN WITH OTHERS. . .

- \_\_\_\_\_ 81. I overwhelm or "steamroll" them by my arguments, positions, preferences, or actions
- \_\_\_\_\_ 82. I express severe, inflexible, or uncompromising expectations for their conduct
- \_\_\_\_\_ 83. I endlessly avoid or delay clear answers, decisions, actions, or commitment to positions
- \_\_\_\_\_ 84. I make flattering or glowing comments about them, our situation, or our joint task
- \_\_\_\_\_ 85. I make unconditionally supportive, encouraging, endorsing, comforting, or bolstering comments to them
- \_\_\_\_\_ 86. I act as if excessively "full of myself," or as feeling I am special or favored, or as cocksure of my future
- \_\_\_\_\_ 87. I am bitterly accusatory, suspicious, or disbelieving of them
- \_\_\_\_\_ 88. I seem totally unmoved, unaffected, or untouched by their comments or actions
- \_\_\_\_\_ 89. I seem unable to assert what I want, or to stand up to them, or to take any opposing position
- \_\_\_\_\_ 90. I am unwaveringly tolerant, patient, or lenient in regard to my expectations for their conduct
- \_\_\_\_\_ 91. I seem compelled to act out my feelings with them, or impulsively to jump into new actions or activities
- \_\_\_\_\_ 92. I make critical, demeaning, snide, or derisive statements about them, our situation, or our joint task
- \_\_\_\_\_ 93. I swear at them; or I make abusing, disparaging, damaging, or crude comments to them
- \_\_\_\_\_ 94. I am constantly dissatisfied with myself, feel guilty or depressed; or I feel hopeless about the future
- \_\_\_\_\_ 95. I show blind faith or Pollyannaish trust in them; or I believe almost anything they say
- \_\_\_\_\_ 96. I seem totally engrossed in them; or I am constantly moved, affected, or responsive to their comments or actions