

## BFI/IRI

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

| Disagree strongly | Disagree a little | Neither agree nor disagree | Agree a little | Agree strongly |
|-------------------|-------------------|----------------------------|----------------|----------------|
| 1                 | 2                 | 3                          | 4              | 5              |

### I see Myself as Someone Who...

- |   |  |
|---|--|
| ___1. Is talkative                            | ___23. Tends to be lazy                              |
| ___2. Tends to find fault with others         | ___24. Is emotionally stable, not easily upset       |
| ___3. Does a thorough job                     | ___25. Is inventive                                  |
| ___4. Is depressed, blue                      | ___26. Has an assertive personality                  |
| ___5. Is original, comes up with new ideas    | ___27. Can be cold and aloof                         |
| ___6. Is reserved                             | ___28. Perseveres until the task is finished         |
| ___7. Is helpful and unselfish with others    | ___29. Can be moody                                  |
| ___8. Can be somewhat careless                | ___30. Values artistic, aesthetic experiences        |
| ___9. Is relaxed, handles stress well         | ___31. Is sometimes shy, inhibited                   |
| ___10. Is curious about many different things | ___32. Is considerate and kind to almost everyone    |
| ___11. Is full of energy                      | ___33. Does things efficiently                       |
| ___12. Starts quarrels with others            | ___34. Remains calm in tense situations              |
| ___13. Is a reliable worker                   | ___35. Prefers work that is routine                  |
| ___14. Can be tense                           | ___36. Is outgoing, sociable                         |
| ___15. Is ingenious, a deep thinker           | ___37. Is sometimes rude to others                   |
| ___16. Generates a lot of enthusiasm          | ___38. Makes plans and follows through with them     |
| ___17. Has a forgiving nature                 | ___39. Gets nervous easily                           |
| ___18. Tends to be disorganized               | ___40. Likes to reflect, play with ideas             |
| ___19. Worries a lot                          | ___41. Has few artistic interests                    |
| ___20. Has an active imagination              | ___42. Likes to cooperate with others                |
| ___21. Tends to be quiet                      | ___43. Is easily distracted                          |
| ___22. Is generally trusting                  | ___44. Is sophisticated in art, music, or literature |

**Please check: Did you write a number in front of each statement?**

The following statements inquire about your thoughts and feelings in a variety of situations. Please write a number next to each statement to indicate how well it describes you. **READ EACH ITEM CAREFULLY BEFORE RESPONDING.** Answer as honestly as you can. If you don't understand an item, ask for help.

| Does not describe<br>me well |   |   |   | Describes me very<br>well |
|------------------------------|---|---|---|---------------------------|
| 1                            | 2 | 3 | 4 | 5                         |

- \_\_\_1. I daydream and fantasize, with some regularity, about things that might happen to me.
- \_\_\_2. I often have tender, concerned feelings for people less fortunate than me.
- \_\_\_3. I sometimes find it difficult to see things from the "other guy's" point of view.
- \_\_\_4. Sometimes I don't feel very sorry for other people when they are having problems.
- \_\_\_5. I really get involved with the feelings of the characters in a novel.
- \_\_\_6. In emergency situations, I feel apprehensive and ill-at-ease. (*anxious, nervous*)
- \_\_\_7. I am usually objective when I watch a movie or play, and I don't often get completely caught up in it.
- \_\_\_8. I try to look at everybody's side of a disagreement before I make a decision.
- \_\_\_9. When I see someone being taken advantage of, I feel kind of protective towards them.
- \_\_\_10. I sometimes feel helpless when I am in the middle of a very emotional situation.
- \_\_\_11. I sometimes try to understand my friends better by imagining how things look from their perspective.
- \_\_\_12. Becoming extremely involved in a good book or movie is somewhat rare for me.
- \_\_\_13. When I see someone get hurt, I tend to remain calm.
- \_\_\_14. Other people's misfortunes do not usually disturb me a great deal.
- \_\_\_15. If I'm sure I'm right about something, I don't waste much time listening to other people's arguments.
- \_\_\_16. After seeing a play or movie, I have felt as though I were one of the characters.
- \_\_\_17. Being in a tense emotional situation scares me.
- \_\_\_18. When I see someone being treated unfairly, I sometimes don't feel very much pity for them.
- \_\_\_19. I am usually pretty effective in dealing with emergencies.
- \_\_\_20. I am often quite touched by things that I see happen.
- \_\_\_21. I believe that there are two sides to every question and try to look at them both.
- \_\_\_22. I would describe myself as a pretty soft-hearted person.
- \_\_\_23. When I watch a good movie, I can very easily put myself in the place of a leading character.
- \_\_\_24. I tend to lose control during emergencies.
- \_\_\_25. When I'm upset at someone, I usually try to "put myself in his shoes" for a while.
- \_\_\_26. When I am reading an interesting story or novel, I imagine how I would feel if the events in the story were happening to me.
- \_\_\_27. When I see someone who badly needs help in an emergency, I go to pieces. (*become very upset*)
- \_\_\_28. Before criticizing somebody, I try to imagine how I would feel if I were in their place.

**Please check: Did you write a number in front of each statement?**