# Psychological Immune System Inventory

You can read a number of statements below about how people usually evaluate themselves and the world surrounding them. Please read the statements and mark your answers according to the scale below:

Please select one number on the 4-point scale following every statement that fits you. Think about how you normally see yourself. There are no right or wrong answers.

1 – Completely does not describe me

2 – Usually does not describe me

3 – Somewhat describes me

4 – Completely describes me

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| --- | --- | --- | --- | --- | --- |
| 1.  | People describe me as a very optimistic person.  | 1  | 2  | 3  | 4  |
| 2.  | According to my experience, success is a result of good planning.  | 1  | 2  | 3  | 4  |
| 3.  | When I look to my past and to my future, I view my life as valuable.  | 1  | 2  | 3  | 4  |
| 4.  | I am very happy about myself and what I have accomplished in life.  | 1  | 2  | 3  | 4  |
| 5.  | I think that I have become less effective.  | 1  | 2  | 3  | 4  |
| 6.  | I do not particularly like different and new situations.  | 1  | 2  | 3  | 4  |
| 7.  | I am very good at "reading" other people's thoughts and motives.  | 1  | 2  | 3  | 4  |
| 8.  | I am more creative than most people.  | 1  | 2  | 3  | 4  |
| 9.  | I often know what should be done but usually lack the ability to do it.  | 1  | 2  | 3  | 4  |
| 10.  | I can usually find someone that can help me to solve my problems when I need to.  | 1  | 2  | 3  | 4  |
| 11.  | I see myself as a driving force in cooperating others to develop and influence whatever happens to us.  | 1  | 2  | 3  | 4  |
| 12.  | It often happens that I am physically present but my thoughts are some place else.  | 1  | 2  | 3  | 4  |
| 13.  | Even if a job is difficult and I bump into a problem, I often work further until it is finished.  | 1  | 2  | 3  | 4  |
| 14.  | I am the type of person that says the first thing that comes to my mind.  | 1  | 2  | 3  | 4  |
| 15.  | I often feel nervous.  | 1  | 2  | 3  | 4  |
| 16.  | I lose my temper if someone interrupts me when Iam concentrating on something important.  | 1  | 2  | 3  | 4  |
| 17.  | I am convinced, that most of the things that happen around me are positive in the long run.  | 1  | 2  | 3  | 4  |
| 18.  | I am convinced that everything that happens to me depends on myself rather than fate or unlucky circumstances.  | 1  | 2  | 3  | 4  |
| 19.  | I think that many things that happen to me are confusing and not understandable.  | 1  | 2  | 3  | 4  |
| 20.  | I have strong self-esteem and have values that are worth fighting for.  | 1  | 2  | 3  | 4  |
| 21.  | I think that I succeed more and more in different areas of my life.  | 1  | 2  | 3  | 4  |
| 22.  | I am open to changes in my life and I believe they give me new and interesting possibilities.  | 1  | 2  | 3  | 4  |
| 23.  | I see myself as a person that is very good at judging others.  | 1  | 2  | 3  | 4  |
| 24.  | Even when I am under pressure, I am very good at working out alternative solutions to problems.  | 1  | 2  | 3  | 4  |
| 25.  | The feeling that I have usually accomplished what I have wanted in life is my biggest asset regarding different problems that come along.  | 1  | 2  | 3  | 4  |
| 26.  | When I have been in situations where I had a problem to solve, I have found the right people to help me.  | 1  | 2  | 3  | 4  |
| 27.  | I often have ideas that help others to think further.  | 1  | 2  | 3  | 4  |
| 28.  | I often find myself in my own world and away from what is happening around me.  | 1  | 2  | 3  | 4  |
| 29.  | If I start something, I finish it.  | 1  | 2  | 3  | 4  |
| 30.  | I can listen to my feelings without they taking over me.  | 1  | 2  | 3  | 4  |
| 31.  | I easily become upset when I make a mistake.  | 1  | 2  | 3  | 4  |
| 32.  | I easily become impatient.  | 1  | 2  | 3  | 4  |
| 33.  | Even when I find myself in a difficult situation, I am totally convinced everything will turn out fine in the end.  | 1  | 2  | 3  | 4  |
| 34.  | I never trust fate or luck to solve my problems.  | 1  | 2  | 3  | 4  |
| 35.  | When I look at my life, I see it as meaningful and coherent.  | 1  | 2  | 3  | 4  |
| 36.  | It does not matter what others think of me, I respect myself for what I have achieved.  | 1  | 2  | 3  | 4  |
| 37.  | During the last year, my personality has not changed the way I wanted it to.  | 1  | 2  | 3  | 4  |
| 38.  | I consider the unexpected changes in my life as exciting challenges and hold possibilities for development.  | 1  | 2  | 3  | 4  |
| 39.  | I often have correct insights about how people think and feel.  | 1  | 2  | 3  | 4  |
| 40.  | Others describe me as a problem solver.  | 1  | 2  | 3  | 4  |
| 41.  | I am good at meeting the goals that I set for myself.  | 1  | 2  | 3  | 4  |
| 42.  | If I need help, I do not mind asking for it from others even if I do not know them well.  | 1  | 2  | 3  | 4  |
| 43.  | I am good at making people in my surroundings to come up with new and creative ideas.  | 1  | 2  | 3  | 4  |
| 44.  | Lately, I have felt that I cannot catch up with what is going around me.  | 1  | 2  | 3  | 4  |
| 45.  | If things do not go as planned, I quickly give up.  | 1  | 2  | 3  | 4  |
| 46.  | I often do things that I regret afterwards.  | 1  | 2  | 3  | 4  |
| 47.  | Even small problems usually worry me.  | 1  | 2  | 3  | 4  |
| 48.  | I feel irritated rarely.  | 1  | 2  | 3  | 4  |
| 49.  | Thoughts about my future give me good feelings.  | 1  | 2  | 3  | 4  |
| 50.  | My successes are due to hard work, not to furtunate circumstances.  | 1  | 2  | 3  | 4  |
| 51.  | I seldom experience anything meaningful in everyday life.  | 1  | 2  | 3  | 4  |
| 52.  | I see myself as a strongly resourceful person.  | 1  | 2  | 3  | 4  |
| 53.  | There have been many situations in which I have doubted my possibilities to grow as a person.  | 1  | 2  | 3  | 4  |
| 54.  | I usually search for new challenges.  | 1  | 2  | 3  | 4  |
| 55.  | I often know what people will say before they say it.  | 1  | 2  | 3  | 4  |
| 56.  | I am good at jobs that need new and original ideas.  | 1  | 2  | 3  | 4  |
| 57.  | From earlier experience, I am confident with most of things I do.  | 1  | 2  | 3  | 4  |
| 58.  | Of my acquaintances, there are many that I can totally rely on.  | 1  | 2  | 3  | 4  |
| 59.  | In group situations, people often say that they are stimulated by my ideas.  | 1  | 2  | 3  | 4  |
| 60.  | It often feels like the world is just passing by me.  | 1  | 2  | 3  | 4  |
| 61.  | If things do not go according to the plan, I easily lose my motivation to continue working with them.  | 1  | 2  | 3  | 4  |
| 62.  | I speak first and think second.  | 1  | 2  | 3  | 4  |
| 63.  | I am sensitive to criticism.  | 1  | 2  | 3  | 4  |
| 64.  | When I have decided on something and it does not go as I have wished, I become angry.  | 1  | 2  | 3  | 4  |
| 65.  | I am a person that has a very positive view toward life.  | 1  | 2  | 3  | 4  |
| 66.  | Most of the important things that happen to me, I can anticipate and control.  | 1  | 2  | 3  | 4  |
| 67.  | My life lacks in distinctive goals.  | 1  | 2  | 3  | 4  |
| 68.  | I am proud of myself when I think of the type of person I have become.  | 1  | 2  | 3  | 4  |
| 69.  | Other people seem to change but I feel like I am walking in circles.  | 1  | 2  | 3  | 4  |
| 70.  | Even in unexpected situations, I see them as exciting challenges.  | 1  | 2  | 3  | 4  |
| 71.  | I can often discover the roles people have in a group, even if they are hidden from the people themselves.  | 1  | 2  | 3  | 4  |
| 72.  | I have an unusually good ability to find alternative solutions when I am confronted with problems.  | 1  | 2  | 3  | 4  |
| 73.  | If I see a solution to a problem, I am sure that I can do what needs to be done.  | 1  | 2  | 3  | 4  |
| 74.  | I would not hesitate to call different people if I needed advice in a personal problem.  | 1  | 2  | 3  | 4  |
| 75.  | In a group, my ideas are often significant.  | 1  | 2  | 3  | 4  |
| 76.  | Thoughts about the past and future often bother me.  | 1  | 2  | 3  | 4  |
| 77.  | I have often started a new project before I have finished an earlier one.  | 1  | 2  | 3  | 4  |
| 78.  | I wish that I were not so impulsive.  | 1  | 2  | 3  | 4  |
| 79.  | I am easily depressed when I encounter with unpleasant things.  | 1  | 2  | 3  | 4  |
| 80.  | It takes a lot for me to lose my temper.  | 1  | 2  | 3  | 4  |