# 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 |