

APPENDIX - I

DEPARTMENT OF PSYCHOLOGY
M. S. UNIVERSITY OF BARODA

ABOUT THE STUDY

I am carrying out Research for my Ph.D. Hence kindly fill up the questionnaire according to the instructions given.

It is a personality study so if anybody is interested in feedback can ask for it. We will surely provide it.

The information will be kept confidential and will be used for research purpose only.

Thanking you,

Bharti Chawla
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ENNEAGRAM

Bharti Chawla

Please check how true the following statements are to you on the four points scale. Please write (1) if you feel that you never behaved or thought the way. Write (2) if you feel that you didn't behaved or thought this way generally but might at times may think or behave this way. Write (3) if you feel that often / normally you think or behave this way. Write (4) if you feel that you always behaved or thought this way. Write your all answers on the blank spaces provided on the left side of the statements on the margin.

1 = **Never** behaved / thought

2 = **Generally** don't think / behave this way

3 = You **often** / normally behaved / thought this way

4 = **Always** behaved this way.

1. ___ I like to be organised and orderly.
2. ___ I often feel guilty about not getting enough achieved.
3. ___ I don't like it when people break rules.
4. ___ I am idealistic. I want to make world a better place.
5. ___ I hold on my anger for a long time.
6. ___ When jealous I become fearful and competitive.
7. ___ I tend to see things in terms of right or wrong, good or bad.
8. ___ I analyze major purchases very thoroughly before I make them.
9. ___ Truth and justice are very important to me.
10. ___ I worry almost constantly.
11. ___ I love making every detail perfect.
12. ___ I keep very high expectations from others.
13. ___ I am very hard working and want others should appreciate my work.
14. ___ I think I shouldn't relax.
15. ___ Relations are more important to me than almost anything.
16. ___ I have trouble asking for what I need.
17. ___ I have deep desire for but sometimes fear, intimacy.
18. ___ I am very sensitive to criticism.
19. ___ I try to be as sensitive and understanding as possible.
20. ___ When I am alone I know what I want but when I am with others I am not sure.
21. ___ I don't want that people should understand my dependence on others.
22. ___ Sometimes I feel a deep sense of loneliness.
23. ___ If I don't get the closeness I need, I feel sad, hurt and unimportant.
24. ___ Sometimes I get physically ill and emotionally drained by taking care of everyone else.
25. ___ I often figure out what others would like in a person, then act that way.
26. ___ I enjoy giving compliments and telling people that they are special to me.
27. ___ People have said I am overly emotional.
28. ___ I am very bad at expressing my problems.
29. ___ I am almost always busy.
30. ___ I like make to do lists, progress charts and schedules for myself.

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- 31. ☐ I don't mind being asked to work overtime.
- 32. ☐ I have an optimistic attitude.
- 33. ☐ I go full force until I get the job done.
- 34. ☐ I believe in doing things as expediently as possible.
- 35. ☐ It is important for people to better themselves and live upto their potential.
- 36. ☐ I try not to let illness stop me from doing anything.
- 37. ☐ I hate to see jobs incomplete.
- 38. ☐ I tend to put work before other things.
- 39. ☐ I can't understand people who are bored. I never run out of things to do.
- 40. ☐ I work very hard to take care of and provide for my family.
- 41. ☐ I like identifying with competent groups or important people.
- 42. ☐ I generally feel pretty good about myself.
- 43. ☐ People often look to me to run the show.
- 44. ☐ I like to be perceived as someone important.
- 45. ☐ Being understood is very important to me.
- 46. ☐ My friends say they enjoy my warmth and my different way of looking at life.
- 47. ☐ I can become non-functional for hours days or weeks when I am depressed.
- 48. ☐ I am very sensitive to critical remarks and feel hurt at the tiniest slight.
- 49. ☐ It really affects me emotionally when I read upsetting stories in news paper.
- 50. ☐ My ideals are very important to me.
- 51. ☐ I cry easily, beauty, love, sorrow and pain really touch me.
- 52. ☐ My pensive moods are real and important. I don't necessarily want to get out of them.
- 53. ☐ I often feel that I am missing some things that others have.
- 54. ☐ I try to support my friends especially when they are in crisis.
- 55. ☐ I live in the past and in the future more than in present day reality.
- 56. ☐ I place great importance on my intuition.
- 57. ☐ I focus on what is wrong with me rather than what is right.
- 58. ☐ I like to be seen as one of a kind.
- 59. ☐ I am always searching for my true self.
- 60. ☐ Sometimes I feel very uncomfortable and different like an isolated outsider, even when I am with my friends.
- 61. ☐ I like to be complimented.
- 62. ☐ I learn from observing or reading as opposed to doing.
- 63. ☐ Its hard express my feelings instantaneously.
- 64. ☐ I get lost in my interests and like to be alone with them for hours.
- 65. ☐ I usually experience my feelings more deeply when I am by myself.
- 66. ☐ I try to hide my sensitivity to criticism and judgement.
- 67. ☐ Instead of conforming, I prefer to take independent line.
- 68. ☐ I like to associate with others who have expertise in my field.
- 69. ☐ I have been accused of being negative, cynical and suspicious.

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- 70. ____ When I feel socially uncomfortable I often wish I could disappear.
- 71. ____ I am often reluctant to be assertive or aggressive.
- 72. ____ I dislike most social event, I'd rather be alone with a few people I know well.
- 73. ____ I sometime feel shy or awkward.
- 74. ____ I get tired when I am in the company of people for a very long time.
- 75. ____ I feel that I am different from most people.
- 76. ____ Acting calm is a defence it makes me feel stronger.
- 77. ____ I take life objectively.
- 78. ____ I like to learn about my subject in depth.
- 79. ____ I am always on the alert for any danger.
- 80. ____ I take things too seriously.
- 81. ____ I constantly question myself about what might go wrong.
- 82. ____ I often experience criticism as an attack.
- 83. ____ I can be a very hard worker.
- 84. ____ I have been told that I have good sense of humour.
- 85. ____ I follow rules closely or I often break rules.
- 86. ____ The more vulnerable I am in my intimate relationship the more anxious I become.
- 87. ____ I keep testing my relationship.
- 88. ____ I tend to either procrastinate or plunge head long even into dangerous situations.
- 89. ____ I am very aware of people trying to manipulate me with flattery.
- 90. ____ I like predictability.
- 91. ____ I have sabotaged my own success.
- 92. ____ I like people who are direct and honest.
- 93. ____ I like being responsible and hardworking.
- 94. ____ I want others not to judge me for my anxiety.
- 95. ____ I am busy and energetic. I seldom get bored, if left to do what I want.
- 96. ____ I often take verbal or physical risks.
- 97. ____ I am not expert in any one thing but I can do many things well.
- 98. ____ My style is to go back and forth from one task to another and I like to keep moving.
- 99. ____ I seem to let go of grievances and recover from loss faster than most people I know.
- 100. ____ I like myself and I am good to myself.
- 101. ____ I like people and they usually like me.
- 102. ____ I usually manage to get what I want.
- 103. ____ I value quick wit.
- 104. ____ I am idealistic. I want to contribute something to the world.
- 105. ____ I vacillate between feeling committed and wanting my freedom and independence.
- 106. ____ I am often at ease in groups.

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- 107. ____ When people are unhappy. I usually try to get them to light up and see the bright side.
- 108. ____ I love excitement and travel.
- 109. ____ I can make great sacrifices to help people.
- 110. ____ I can be assertive and aggressive when I need to be.
- 111. ____ I can't stand being used and manipulated.
- 112. ____ I value being direct and honest; I put my cards on the table.
- 113. ____ I am an individualist and a non-conformist.
- 114. ____ I respect people who stand up for themselves.
- 115. ____ I will go to any lengths to protect those I love.
- 116. ____ I fight for what I consider is a right cause.
- 117. ____ Making decisions is not difficult for me.
- 118. ____ Self reliance and independence are important.
- 119. ____ Some people take offence at my bluntness.
- 120. ____ When I enter new group I know immediately who most powerful person is.
- 121. ____ I like excitement and stimulation.
- 122. ____ I am sensitive and loving when I really trust someone.
- 123. ____ I don't like much those people who are overly nice and flattering with me.
- 124. ____ Pretense (masking) is particularly distasteful to me.
- 125. ____ Making choices can be very difficult. I can see advantages and disadvantages of every option.
- 126. ____ It is sometimes hard for me to know what I want when I'm with other people.
- 127. ____ Others see me as peaceful but inside I often feel anxious.
- 128. ____ Instead of tackling what I really need to do, I sometimes do little unimportant things.
- 129. ____ I usually prefer walking away from a disagreement to comforting someone.
- 130. ____ I tend to put things off until the last minute but I almost always get them done.
- 131. ____ I like to be calm and unhurried but sometimes I over extend myself.
- 132. ____ When people try to pressure to do certain thing or try to control me, I get stubborn.
- 133. ____ Sometimes I feel shy and unsure of myself.
- 134. ____ I enjoy just hanging around with my partners or friends.
- 135. ____ I am very sensitive about being judged and take criticisms personally.
- 136. ____ I focus more on the positive than on negative.
- 137. ____ I can not get rid of things easily.
- 138. ____ I operate under the principle of inertia; if I am going its easy to keep going, but I sometimes have hard time getting started.