# 11. APPENDIX

Orientation to Life Questionnaire

Here is a series of questions relating to various aspects of our lives. Each question has seven possible answers. Please mark the number which expresses your answer, with number 1 to 7 being the extreme answers. If the words under 1 are right for you, circle 1; if the words under 7 are right for you, circle 7. If you feel differently, circle the number which best expresses your feeling. Please give only one answer to each question.

1. When you talk to people, do you have the feeling that they don't understand you?
   1 2 3 4 5 6 7
   never have this feeling — always have this feeling
2. In the past, when you had to do something which depended upon cooperation with others, did you the feeling that it:
   1 2 3 4 5 6 7
   surely wouldn't get done — surely would get done
3. Think of people with whom you come into contact daily, aside from the ones to whom you feel closest. How well do you know most of them?
   1 2 3 4 5 6 7
   you feel that they are strangers — you know them very well
4. Do you have the feeling that you don't really care about what goes around you?
   1 2 3 4 5 6 7
   very seldom or never — very often
5. Has it happened in the past that you were surprised by the behavior of people whom you thought you knew well?
   1 2 3 4 5 6 7
   never happened — always happened
6. Has it happened that people whom you counted on disappointed you?
   1 2 3 4 5 6 7
   never happened — always happened
7. Life is:
   1 2 3 4 5 6 7
   full of interest — completely routine



8. Until now your life has had:
   1 2 3 4 5 6 7
   no clear goals or purpose at all — very clear goals and purpose
9. Do you have the feeling that you're being treated unfairly?
   1 2 3 4 5 6 7
   very often — very seldom or never
10. In the past ten years your life has been:
    1 2 3 4 5 6 7
    full of changes without your knowing what will happen next — completely consistent and clear
11. Most of the things you do in the future will probably be:
    1 2 3 4 5 6 7
    completely fascinating — deadly boring
12. Do you have the feeling that you are in an unfamiliar situation and don't know what to do?
    1 2 3 4 5 6 7
    very often — very seldom or never
13. What best describes how you see life:
    1 2 3 4 5 6 7
    one can always find a solution to painful things in life — there is no solution to painful things in life
14. When you think about your life, you very often:
    1 2 3 4 5 6 7
    feel how good it is to be alive — ask yourself why you exist at all
15. When you face a difficult problem, the choice of a solution is:
    1 2 3 4 5 6 7
    always confusing and hard to find — always completely clear
16. Doing the things you do everyday is:
    1 2 3 4 5 6 7
    a source of deep pleasure and satisfaction — a source of pain and boredom
17. Your life in the future will probably be:
    1 2 3 4 5 6 7
    full of changes without your knowing what will happen next — completely consistent and clear



18. When something unpleasant happened in the past your tendency was:
    1 2 3 4 5 6 7
    "to eat yourself up" about it — to say "ok, that's that, I have to live with it" and go on
19. Do you have very mixed up feelings and ideas?
    1 2 3 4 5 6 7
    very often — very seldom or never
20. When you do something that gives you a good feeling:
    1 2 3 4 5 6 7
    it's certain that you'll go on feeling good — it's certain that something will happen to spoil the feeling
21. Does it happen that you have feelings inside you would rather not feel?
    1 2 3 4 5 6 7
    very often — very seldom or never
22. Do you anticipate that your personal life in the future will be:
    1 2 3 4 5 6 7
    totally without meaning and purpose — full of meaning and purpose
23. Do you think that there will *always* be people whom you'll be able to count on in the future?
    1 2 3 4 5 6 7
    you're certain there will be — you doubt there will be
24. Does it happen that you have the feeling that you don't know exactly what's about to happen?
    1 2 3 4 5 6 7
    very often — very seldom or never
25. Many people – even those with a strong character – sometimes feel like sad sacks (losers) in certain situations. How often have you felt this way in the past?
    1 2 3 4 5 6 7
    never — very often
26. When something happened, have you generally found that:
    1 2 3 4 5 6 7
    you overestimated or underestimated its importance — you saw things in the right proportion



27. When you think of difficulties you are likely to face in important aspects of your life, do you have the feeling that:
    1 2 3 4 5 6 7
    you will always succeed in overcoming the difficulties — you won't succeed in overcoming the difficulties
28. How often do you have the feeling that there's little meaning in the things you do in your daily life?
    1 2 3 4 5 6 7
    very often — very seldom or never
29. How often do you have feelings that you're not sure you can keep under control?
    1 2 3 4 5 6 7
    very often — very seldom or never