

Assessment Questionnaire

Name _____

Date _____

Assessor's Name: _____

Instructions

This questionnaire deals with your thoughts and feelings about your psychological assessment. Please read each statement carefully. Once you decide how much you agree or disagree with a statement, circle the number that best matches how the statement applies to you. Be as honest and as accurate as possible. Please do not skip any item and circle only one number for each statement.

Use the following scale to rate each statement:

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

	Strongly Disagree				Strongly Agree
1. The assessment did not teach me anything new about myself.	1	2	3	4	5
2. The assessment made me proud of who I am.	1	2	3	4	5
3. The assessor earned my respect.	1	2	3	4	5
4. I felt I was under a microscope.	1	2	3	4	5
5. The assessor introduced me to new aspects of myself.	1	2	3	4	5
6. The assessment made me feel good about myself.	1	2	3	4	5
7. It was easy to trust the assessor.	1	2	3	4	5
8. The assessment hurt me.	1	2	3	4	5
9. I gained a new understanding of myself.	1	2	3	4	5
10. The assessment captured the "real" me.	1	2	3	4	5
11. The assessor seemed to like me.	1	2	3	4	5
12. The assessment was unsettling to me.	1	2	3	4	5
13. The assessment confirmed parts of me that I had only suspected.	1	2	3	4	5
14. The assessor said nice things about me.	1	2	3	4	5
15. I felt very close to the assessor.	1	2	3	4	5
16. The assessment was a humiliating and degrading experience.	1	2	3	4	5
17. The assessment made me think of myself.	1	2	3	4	5

	Strongly Disagree			Strongly Agree	
18. The assessment made me feel important.	1	2	3	4	5
19. The assessor treated me warmly.	1	2	3	4	5
20. The assessment was emotionally draining.	1	2	3	4	5
21. I am more aware of how I behave with other people.	1	2	3	4	5
22. I felt special.	1	2	3	4	5
23. I really connected with the assessor.	1	2	3	4	5
24. At times during the assessment, I felt like I did when I was a child.	1	2	3	4	5
25. The assessment helped me organize my thoughts about myself.	1	2	3	4	5
26. The assessment confirmed how I see myself.	1	2	3	4	5
27. I liked the assessor.	1	2	3	4	5
28. The assessment made me feel that my life is nothing but problems.	1	2	3	4	5
29. I have changed the way I think about my problems.	1	2	3	4	5
30. I feel more sure of who I am.	1	2	3	4	5
31. The assessor was interested in what I had to say.	1	2	3	4	5
32. I felt judged by the assessor.	1	2	3	4	5
33. I am more aware of how I am feeling.	1	2	3	4	5
34. I felt my strengths were recognized.	1	2	3	4	5
35. The assessor treated me as an equal,	1	2	3	4	5
36. The assessor made me feel inadequate.	1	2	3	4	5
37. The assessment will make a difference in my upcoming decisions.	1	2	3	4	5
38. The assessment made me think about where I am headed in my life.	1	2	3	4	5
39. I felt that the assessor respected me.	1	2	3	4	5
40. The assessor insulted me.	1	2	3	4	5
41. I am more aware of why people react to me the way they do.	1	2	3	4	5
42. I know that how I see myself is really true.	1	2	3	4	5
43. The assessor and I worked as a team to learn more about me.	1	2	3	4	5
44. I felt exposed.	1	2	3	4	5
45. I can think of myself as I never had before.	1	2	3	4	5
46. The assessment described thoughts and feelings I have about myself.	1	2	3	4	5
47. The assessor was on my side.	1	2	3	4	5
48. The assessment made me rethink the way I already viewed myself.	1	2	3	4	5