

Project #1

The following questionnaire, developed by Jay Hall, is designed to see how friendly and open a person you are right now. The instructions are given below. Please write your answers on the answer sheet.

For each item on the survey you are requested to indicate which of the alternative reactions would be more like the way you would handle the situation described. Some choices may be equally like or unlike you. While this is a possibility, nevertheless choose the alternative which is relatively more characteristic of you. For each item, you will have five points that you may distribute in any of the following combinations:

- |  |          |          |
|--|----------|----------|
| 1. If A is completely characteristic of what you would do and B is completely uncharacteristic, write a 5 on your survey answer sheet under A and 0 under B.   | <u>A</u> | <u>B</u> |
|  | <u>5</u> | <u>0</u> |
| 2. If A is considerably characteristic of what you would do and B is somewhat characteristic, write a 4 on your survey answer sheet under A and 1 under B.   | <u>4</u> | <u>1</u> |
| 3. If A is only slightly more characteristic of what you would do than B is, write a 3 on your survey sheet under A and a 2 under B.   | <u>3</u> | <u>2</u> |
| 4. Each of the above three combinations may be used in the converse order; that is, for example, should you feel B is slightly more characteristic of you than A, write a 2 on your survey answer sheet under A and a 3 under B. | <u>2</u> | <u>3</u> |
| 5. And so on for A=1, B=4; or A=0, B=5.  |          |          |

Thus there are six possible combinations for responding to the pair of alternatives presented to you with each survey item. Be sure the numbers you assign to each pair add to 5. In general, try to relate each situation in the survey to your own personal experience. Take as much time as you need to make a true and accurate response. There is no right or wrong answer. Attempts to give a "correct" response merely distort the meaning of your answers and render the test results valueless. Be honest with yourself

- If a person has a "personality conflict" with someone we both knew, with whom it was important for him/her to get along, I would:
  - A. Tell my acquaintance that I felt he/she was partially responsible for any problems with this other person and try to let him know how the person was affected by him.
  - B. Not get involved because I would not be able to continue to get along with both of them once I had entered in in any way.
- If another person and I had had a heated argument in the past and I realized that he /she was ill around me, from that time on I would:
  - A. Avoid making things worse by discussing his/her behaviour, and just let the whole thing pass and do what he/she wants.
  - B. Bring up his/her behaviour and ask him/her how he/she felt the argument had affected our relationship.

3. If another person began to avoid me and act in an aloof and withdrawn manner, I would:
- A. Tell him/her about his/her behaviour and suggest that he/she tell me what was on his/her mind.
- B. Follow his/her lead and keep our contacts brief and aloof: since that seems to be what he/she wants.
4. If two of my acquaintances and I were talking, and one of these people slipped and brought up a personal problem of mine that involved the other person, of which he/she was not yet aware, I would:
- A. Change the subject and signal my friend to do the same.
- B. Fill in the uninformed person on what the other person was talking about and suggest that we go into it later.
5. If an acquaintance of mine were to tell me that, in his/her opinion, I was doing things that made me less effective than I might be in social situations, I would:
- A. Ask him/her to spell out or describe what he/she has observed and suggest changes I might make.
- B. Resent his/her criticism and let him/her know why I behave the way I do.
6. If someone aspired to an office in our organization for which I felt he/she was unqualified, and if he/she had been tentatively assigned to that position by the president of our group, I would:
- A. Not mention my misgivings to either my friend or the president and let them handle it in their own way.
- B. Tell my friend and the president of my misgivings and then leave the final decision up to them.
7. If I felt that one of my acquaintances was being unfair to me and his/her other friends, but none of them had mentioned anything about it, I would:
- A. Ask several of these people how they perceived the situation to see if they felt he/she was being unfair.
- B. Not ask the others how they perceived our friend, but wait for them to bring it up with me.
8. If I were preoccupied with some personal matters and someone told me that I had become irritated with him/her and others and that I was jumping on him/her for unimportant things, I would:
- A. Tell him I was preoccupied and would probably be on edge for a while and would prefer not to be bothered.
- B. Listen to his complaints but not try to explain my actions to him.
9. If I had heard some people discussing an ugly rumour about a friend of mine which I knew could hurt him/her, and he/she asked me what I knew about it, if anything, I would:
- A. Say I did not know anything about it and tell him no one would believe a rumour like that anyway.
- B. Tell him exactly what I had heard, when I had heard it, and from whom I had heard it.
10. If someone pointed out the fact that I had a personality conflict with another person with whom it was important for me to get along, I would:
- A. Consider his comments out of line and tell him I didn't want to discuss the matter any further.
- B. Talk about it openly with him to find out how my behaviour was being affected by this.
11. If my relationship with a person has been damaged by repeated arguments on an issue of importance to us both, I would:
- A. Be cautious in my conversations with him so the issue would not come up again to worsen our relationship.
- B. Point to the problems the controversy was causing in our relationship and suggest that we discuss it until we get it resolved.

12. If in a personal discussion with someone about his/her problems and behaviour, he/she suddenly suggested we discuss my problems and behaviour as well as his/her own, I would:
- A. Try to keep the discussion away from me by suggesting that other, closer friends often talked to me about such matters.
- B. Welcome the opportunity to hear what he/she felt about me and encourage his/her comments.
13. If someone began to tell me about his/her hostile feelings about another person whom he/she felt was being unkind to others (and I agreed wholeheartedly) I would:
- A. Listen and also express my own feelings to him/her so he/she would know where I stood.
- B. Listen, but not express my own negative views and opinions because he/she might repeat what I said to him/her in confidence.
14. If I thought an ugly rumour was being spread about me and suspected that one of my acquaintances had quite likely heard it, I would:
- A. Avoid mentioning the issue and leave it to him/her to tell me about it if he/she wanted to.
- B. Risk putting him/her on the spot by asking him/her directly what he/she knew about the whole thing.
15. If I had observed a friend in social situations and thought that he/she was doing a number of things which hurt his/her relationships, I would:
- A. Risk being seen as a busybody and tell him/her what I had observed and my reactions to it.
- B. Keep my opinions to myself rather than be seen as interfering in things that are none of my business.
16. If two people and I were talking and one of them inadvertently mentioned a personal problem which involved me, but of which I know nothing, I would:
- A. Press them for information about the problem and their opinions about it.
- B. Leave it up to these two people to tell me or not tell me, letting them change the subject if they wished.
17. If someone I know seemed to be preoccupied and began to jump on me for seemingly unimportant things, and to become irritated with me and others without real cause, I would:
- A. Treat him/her with kid gloves for a while on the assumption that he/she was having some temporary personal problems which were none of my business.
- B. Try to talk to him/her about it and point out to him/her how his/her behaviour was affecting people.
18. If I had begun to dislike certain habits of another person to the point that it was interfering with my enjoying his company, I would:
- A. Say nothing to him/her directly, but let him/her know my feelings by ignoring him/her whenever his/her annoying habits were obvious.
- B. Get my feel out in the open and clear the air so that we could continue our friendship comfortably and enjoyably.
19. In discussing social behaviour with one of my more sensitive friends, I would:
- A. Avoid mentioning his/her flaws and weaknesses so as not to hurt his/her feelings.
- B. Focus on his/her flaws and weaknesses so he/she could improve his/her interpersonal skills.
20. If I knew I might be assigned to an important position in our group and my friends' attitudes towards me has become rather negative, I would:
- A. Discuss my shortcomings with my friend so I could see where to improve.
- B. Try to figure out my own shortcomings by myself so I could improve.

**Transfer your answers to the chart. The totals can be plotted in the diagram.  
Personal Openness Survey Answer Key**

The survey deals with two issues: How open you are to getting opinions or "feedback" about yourself from others, and how much you are willing to reveal yourself in an honest way to your friends. Transfer your scores from the survey to the following columns and then add the columns. Record only those scores that are asked for below.

**Openness to Feedback**

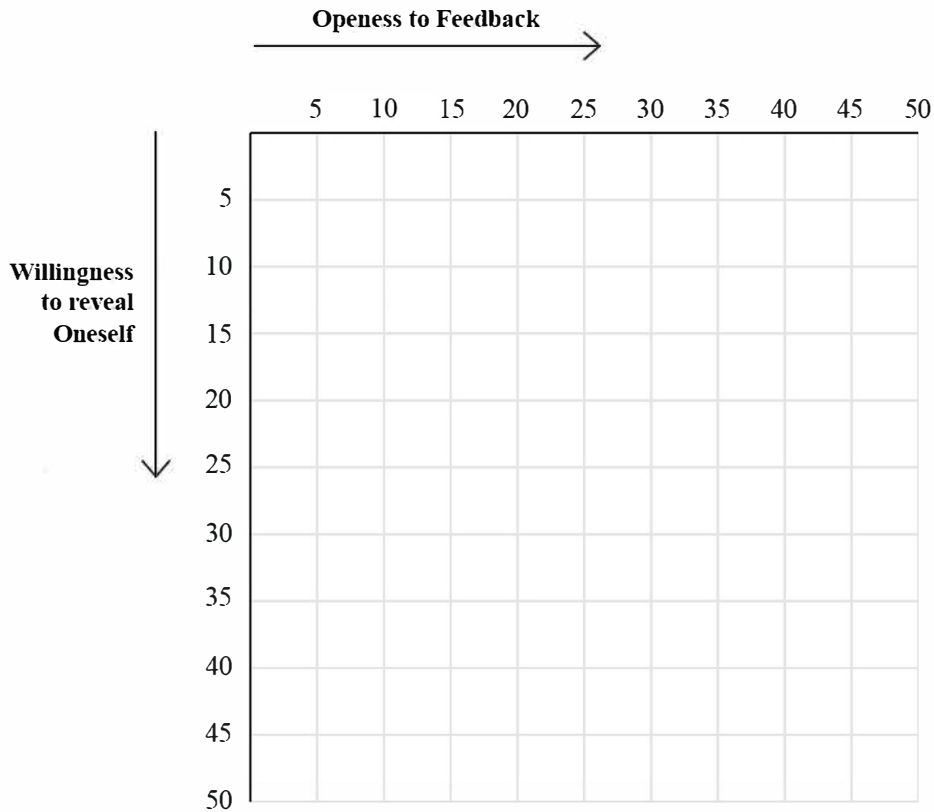
- 2B \_\_\_\_\_
- 3A \_\_\_\_\_
- 5A \_\_\_\_\_
- 7A \_\_\_\_\_
- 8B \_\_\_\_\_
- 12B \_\_\_\_\_
- 14B \_\_\_\_\_
- 16A \_\_\_\_\_
- 20A \_\_\_\_\_
- 10B \_\_\_\_\_

TOTAL \_\_\_\_\_

**Willingness to Reveal Oneself**

- 1A \_\_\_\_\_
- 4B \_\_\_\_\_
- 6B \_\_\_\_\_
- 9B \_\_\_\_\_
- 11B \_\_\_\_\_
- 13A \_\_\_\_\_
- 15A \_\_\_\_\_
- 17B \_\_\_\_\_
- 18B \_\_\_\_\_
- 19B \_\_\_\_\_

TOTAL \_\_\_\_\_



Using the [draw tool](#), add an "X" to indicate your results on the graph above  
(Click **Tools** > **Comment** to display the correct tool bar.)