

## IDI\* - how others experience you

Below you have a series of eight opposing items. Between the items you have a 4 degree scale. Use this scale to mark *how you think that others should describe your behavior*.

flashbacks sad

If items to the left very well describe your behaviour then mark "1". If items to the right best describe your behaviour mark "4". If others should say that your behaviour is in between you have to chose "2" or "3".

Remember that you must relate your score to *how you think that others experience you and your behaviour* - not how you yourself think that you behave.

### Others should say that you are:

- |   |  |   |   |   |   |   |
|---|--|---|---|---|---|---|
| 1 | an accurate person who prefers to think before you express your opinions or takes risks.                                   | 1 | 2 | 3 | 4 | a risk taking person who quickly expresses exactly what you think and feel.   |
| 2 | a person who gives up in a discussion to avoid conflicts, even when you know that you are right                            | 1 | 2 | 3 | 4 | a person who isn't afraid of conflicts even when you know that it could hurt others.                                  |
| 3 | a calm, complaisant, low-voiced person with a sensitive ear.   | 1 | 2 | 3 | 4 | an active, ambitious, pushing and demanding person.   |
| 4 | a person who is not interested in status, prestige and influence and who prefers to follow, support - a background figure. | 1 | 2 | 3 | 4 | a person to whom status, prestige and influence is important and who wants to be in focus, manage and make decisions. |
| 5 | a reserved person who not likely shows her feeling to others.  | 1 | 2 | 3 | 4 | an open person who likely shows her feelings to others.   |
| 6 | a person who prefers to be alone or together with her family or close friends.   | 1 | 2 | 3 | 4 | a person who likes to be together with a lot of people.   |
| 7 | a correct, serious person who most often is logical and well thought out   | 1 | 2 | 3 | 4 | an informal, spontaneous person who most often reacts on impulse.   |
| 8 | a person who avoids close contact with others, especially physical.  | 1 | 2 | 3 | 4 | a person who most likely hug others or in other way is emotional and close to others                                  |

\*Interpersonal Dynamics Inventory (Zack)