

HESTON

PERSONAL ADJUSTMENT INVENTORY

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INVENTORY

There are no *right* or *wrong* answers to the questions on the following pages; each person differs in the way he feels about them. We are attempting to study certain aspects of personality that are important factors in one's adjustment to life, school, or work in general. You can help by answering each question thoughtfully and honestly. Your sincere coöperation in this will prove beneficial to you and your counselors. Think carefully, but do not spend too much time on any one question. Let your own personal experience or opinion guide you and record the way *you* feel about each question.

For each question, decide whether your answer is "Yes" or "No." If your answer is "Yes," blacken the "Yes" space on the answer sheet. If your answer is "No," blacken the "No" space. For instance, if your answers to questions 76, 77, 78, 79, and 80 were "Yes," "No," "No," "Yes," "No," respectively, you would fill in the answer spaces as follows:

	YES	NO
(76)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	YES	NO
(77)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	YES	NO
(78)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	YES	NO
(79)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	YES	NO
(80)	<input checked="" type="checkbox"/>	<input type="checkbox"/>

If you think the answer to a particular question is "Yes" under some circumstances and "No" under others, decide which is more often the appropriate answer and mark the corresponding space.

You should be able to decide for every question, or for almost every question, whether the true answer would usually be "Yes" or "No." If, however, there are a small number of questions for which you are absolutely unable to decide whether "Yes" or "No" is the better answer, fill in the circles containing the question numbers. For instance, if you could not choose between "Yes" and "No" for question 281, you would fill in the circle as follows:

●	YES	NO
	<input type="checkbox"/>	<input type="checkbox"/>

However, in nearly every case you should decide which answer is *more commonly characteristic* of you, thus keeping the number of omitted statements down to an absolute minimum.

In filling in answer spaces, be sure to make your marks heavy and black.

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Name _____ Date _____
Last First Middle Mo. Day Yr.

Sex _____ Age _____ Date of Birth _____
M. or F. Yrs. Mos. Mo. Day Yr.

Grade in High School _____ or Year in College _____

Class _____ Teacher _____

School _____ City _____ State _____

Mark your answers on this sheet.
 Be sure your marks are heavy and black.
 Erase completely any answers you wish to change.

Page 3	Page 4	Page 5	Page 6	Page 7	Page 8
1 YES NO	26 YES NO	51 YES NO	76 YES NO	101 YES NO	126 YES NO
2 YES NO	27 YES NO	52 YES NO	77 YES NO	102 YES NO	127 YES NO
3 YES NO	28 YES NO	53 YES NO	78 YES NO	103 YES NO	128 YES NO
4 YES NO	29 YES NO	54 YES NO	79 YES NO	104 YES NO	129 YES NO
5 YES NO	30 YES NO	55 YES NO	80 YES NO	105 YES NO	130 YES NO
		←	←	←	
6 YES NO	31 YES NO	56 YES NO	81 YES NO	106 YES NO	131 YES NO
7 YES NO	32 YES NO	57 YES NO	82 YES NO	107 YES NO	132 YES NO
8 YES NO	33 YES NO	58 YES NO	83 YES NO	108 YES NO	133 YES NO
9 YES NO	34 YES NO	59 YES NO	84 YES NO	109 YES NO	134 YES NO
10 YES NO	35 YES NO	60 YES NO	85 YES NO	110 YES NO	135 YES NO
	←			←	←
11 YES NO	36 YES NO	61 YES NO	86 YES NO	111 YES NO	IMPORTANT! Before starting page 9, turn the answer sheet upside down. Then continue with item 136, in upper left-hand corner.
12 YES NO	37 YES NO	62 YES NO	87 YES NO	112 YES NO	
13 YES NO	38 YES NO	63 YES NO	88 YES NO	113 YES NO	
14 YES NO	39 YES NO	64 YES NO	89 YES NO	114 YES NO	
15 YES NO	40 YES NO	65 YES NO	90 YES NO	115 YES NO	
←			←		
16 YES NO	41 YES NO	66 YES NO	91 YES NO	116 YES NO	
17 YES NO	42 YES NO	67 YES NO	92 YES NO	117 YES NO	
18 YES NO	43 YES NO	68 YES NO	93 YES NO	118 YES NO	
19 YES NO	44 YES NO	69 YES NO	94 YES NO	119 YES NO	
20 YES NO	45 YES NO	70 YES NO	95 YES NO	120 YES NO	
←	←	←			
21 YES NO	46 YES NO	71 YES NO	96 YES NO	121 YES NO	
22 YES NO	47 YES NO	72 YES NO	97 YES NO	122 YES NO	
23 YES NO	48 YES NO	73 YES NO	98 YES NO	123 YES NO	
24 YES NO	49 YES NO	74 YES NO	99 YES NO	124 YES NO	
25 YES NO	50 YES NO	75 YES NO	100 YES NO	125 YES NO	

Indicate your answers by marking them on the separate answer sheet. Do not mark this booklet at all. Remember to make your marks in the spaces on the answer sheet heavy and dark. Try to answer "Yes" or "No" to every question.

The answer sheet should be slipped under the right-hand edge of page 3 (or whatever page you are working on) in such a way that the column heading on the answer sheet and the page number on the booklet agree. These two numbers should be right next to each other. When the answer sheet is placed correctly, the arrow tips on it should point directly to the arrow tips on the booklet, and the answer spaces (and question numbers) on the answer sheet should be lined up directly with the questions in the booklet to which they correspond (and the question numbers).

- | | | |
|--|----|---------------|
| 1. Are you disturbed because some of your family differ from your stand-ards or beliefs? | 1 | Page 3 |
| 2. Do you daydream often? | 2 | |
| 3. Are you most contented when at home? | 3 | |
| 4. Are you less readily upset or frustrated than most people? | 4 | |
| 5. Has your association with your father generally been pleasant? | 5 | |
| 6. Can you keep at a monotonous task for a long time without urging or encouragement? | 6 | |
| 7. Are you often absent-minded? | 7 | |
| 8. Do you like to analyze your thoughts and feelings? | 8 | |
| 9. Do you frequently feel self-conscious about your appearance? | 9 | |
| 10. Do you evaluate new ideas to see if they fit your point of view? | 10 | |
| 11. Have you any nervous habits, such as twitching your face or fluttering your eyelids? | 11 | |
| 12. Do you avoid asking friends home because it is unattractive? | 12 | |
| 13. Have you often been lost in thought? | 13 | |
| 14. Does either of your parents become angry readily? | 14 | |
| 15. Does it embarrass you greatly to make an error in a social group? | 15 | |
| 16. If you lose something, are you apt to suspect someone of taking or mis-
placing it? | 16 | ➔ |
| 17. Are you a happy-go-lucky person? | 17 | |
| 18. Do you enjoy speaking in public? | 18 | |
| 19. Do you become angry readily? | 19 | |
| 20. Do you like to introduce yourself to strangers at social affairs? | 20 | |
| 21. Do you often think of smart things to say when it is too late to say them? | 21 | ➔ |
| 22. Do others generally credit you with good judgment? | 22 | |
| 23. Can you face a difficult task without worry? | 23 | |
| 24. Do you thoughtfully question the statements and ideas of teachers? | 24 | |
| 25. Do you ever wish you were more attractive? | 25 | |

-
26. Does either of your parents insist on obedience, regardless of whether the request is reasonable? Page **4** 26
27. Do you become tense under competition, as in tennis, debating, etc.? 27
28. Is it hard for you to maintain a pleasant disposition at home? 28
29. Are you readily bothered by distractions when doing mental work? 29
30. Do you feel your parents have set too high goals for you? 30
31. Do you tend to be unconcerned about your work — that is, take it in routine manner? 31
32. Are you hesitant about forming decisions? 32
33. Were you happier when you were younger? 33
34. Do you do much thinking more than that needed by your work? 34
35. Have you often felt there are really few things worth living for? 35
36. Are you ever disturbed by useless thoughts coming into your mind persistently? 36
37. Do you find less appreciation at home than elsewhere? 37
38. Do you dread seeing a snake? 38
39. Does your family feel you are not considerate of them? 39
40. Do you tend to worry over possible troubles? 40
41. Are you often left out of things (maybe unwittingly) in group activities? 41
42. Do you usually keep out of the limelight on social occasions? 42
43. Do you feel life has a great deal more happiness than trouble? 43
44. Do you enjoy having numerous social engagements? 44
45. Do you ever feel sorry for all the other people on earth? 45
46. Do you enjoy assignments forcing you to derive your own conclusions from a body of facts or data? 46
47. Have you ever had a queer feeling you were not your old self? 47
48. Do you usually plan and think things through before acting? 48
49. Can you tackle new situations with a reasonable degree of assurance? 49
50. Are you challenged by a problem until you reach a satisfactory answer? 50

51. Does either of your parents make you resentful by criticizing your appearance?.....	51
52. Are you an impulsive individual?.....	52
53. Do your friends have more fun at home than you do?.....	53
54. Have there been frequent quarrels within your immediate family?.....	54
55. Do you sometimes feel just miserable, even if there is no good reason?.....	55
➔	
56. Do you sometimes tackle work as though it were a matter of life or death?..	56
57. Do you ever feel too self-conscious?.....	57
58. Do you frequently theorize about the reasons for human behavior?.....	58
59. Are you often unable to reach a decision until too late for action?.....	59
60. Does conversation help you more than reading in formulating your ideas?....	60
61. Can you regain a state of calm easily after an exciting situation is over?....	61
62. Do some of your family generally neglect to repay favors?.....	62
63. Do you become easily rattled at critical times?.....	63
64. Do you feel your parents have dominated you too much?.....	64
65. Are your table manners less correct at home than when out in company?....	65
66. Would you be very disappointed if prevented from having numerous social contacts?.....	66
67. Do you hesitate to accept new acquaintances as real friends?.....	67
68. Is it hard for you to make new friends?.....	68
69. Do you sometimes become angry?.....	69
70. Do you tend to restrict your acquaintances to a chosen few?.....	70
71. Does it seem you never do things in a manner to gain notice and praise from others?.....	71
➔	
72. Do you often philosophize concerning the purpose of life?.....	72
73. Does it disturb you for others to watch you while you work?.....	73
74. Have you more interest in athletics than in intellectual activities?.....	74
75. Do you tend to be quick and certain in your actions?.....	75

(Go right on to page 6.)

- 76. Do members of your family consider your rights as much as your friends do? 76
- 77. Do you sometimes have nightmares (frightening dreams that waken you)? 77
- 78. Do you become more nervous when at home? 78
- 79. Are your nerves ever raw or on edge? 79
- 80. Do you disagree with your parents about your choice of a vocation? 80
- 81. Do you like discussions of the more serious questions of life with other persons? 81
- 82. Do you ever wish that you could change your height? 82
- 83. When in a new city, do you like to visit museums? 83
- 84. Do you always feel that you can achieve the things you wish? 84
- 85. Are you frequently restless when attending a lecture? 85
- 86. Do you become upset when you have to consult a physician for your illness? 86
- 87. Do you ever wish you had been born in a different family? 87
- 88. Would you rather watch sports or contests than participate in them? 88
- 89. Does either of your parents often find fault with your actions? 89
- 90. Do you often feel blocked because you are unable to do as you desire? 90
- 91. Are there many jobs you would not accept because they are beneath you? 91
- 92. Can you generally have a really hilarious time at a gay party? 92
- 93. Is the other fellow usually at fault when you have an argument? 93
- 94. Do you converse much with clerks who wait on you? 94
- 95. Do you become impatient if waiting for other persons? 95
- 96. Do you feel few obstacles can hinder you from achieving your final goal? 96
- 97. Do you enjoy time alone with your thoughts? 97
- 98. Do you often have the blues? 98
- 99. Do you have philosophical leanings? 99
- 100. Are you generally confident of your own ability? 100

Page 7

101. Do you ever have contradictory moods of love and hate for one of your family? 101

102. Are you often in a meditative state? 102

103. Is your greatest obligation to your own family? 103

104. Do you have to alter your body position frequently while sitting? 104

105. Is (was) your mother dominant in the family? 105

➔

106. Do you ever feel that in life's competition you are generally the loser? ... 106

107. Do you enjoy solving brain teasers? 107

108. Do you frequently feel unworthy? 108

109. Do you critically evaluate the structure of novels and movies? 109

110. Do you worry over humiliating situations more than most persons? 110

111. Are you embarrassed if you arrive too early or too late at a social engagement? 111

➔

112. Have the actions of one of your parents ever caused you great fear? 112

113. Do you often feel listless and fatigued for no apparent reason? 113

114. Does your family have as much fun together as you would like? 114

115. Do you think you are a tense person? 115

116. Are you willing to permit others to hesitate or consider before they act? ... 116

117. Do others judge you a lively individual? 117

118. Do you usually find it easy to form new acquaintances? 118

119. Are there times when everything seems to go against you? 119

120. Are you usually pleased to be in the limelight at social affairs? 120

121. If you could go into a theater without paying and be undetected, would you do it? 121

122. Are you frequently troubled by thoughts of self-guilt? 122

123. Do you enjoy discussing an ideal society or Utopia? 123

124. Does it disturb you to be "different" or unusual? 124

125. Do you prefer biographical movies to those of the musical comedy type? ... 125

126. Do others ever whisper or exchange knowing glances when you seem not to be noticing them?	Page 8 126
127. Do you often hesitate about meeting important persons?	127
128. Do you tend to be shy with the opposite sex?	128
129. Do others deliberately seek to annoy you?	129
130. Would you prefer to be a scientist rather than a politician?	130
131. Do you find it hard to continue work when you do not get enough encouragement?	131
132. Are you more of a practical individual than a theorist?	132
133. Are you bothered by inferiority feelings?	133
134. Would you rather have a theory explained than study it out yourself?	134
135. Are you inclined to let people dominate you too much?	135

Important! Before starting page 9, turn the answer sheet upside down. Then continue with item No. 136, which will be in the upper left-hand corner of the answer sheet.

	Page
136. Do your parents too frequently expect you to obey, though you are grown up?.....	9 136
137. Do you often tell your troubles to others?.....	137
138. Do you talk over important plans with your family?.....	138
139. Are you frightened to be alone in the dark?.....	139
140. Have you ever had an urgent desire to run away from home?.....	140
141. Is the application of principles more interesting than the theoretical evaluation of them?.....	141
142. Are there some people you dislike?.....	142
143. At a party is it easy for you to be natural?.....	143
144. Does it ever seem that everyone is working against you?.....	144
145. Do you converse much with strangers when on a journey?.....	145
146. When disturbed or upset, do you tend to suffer from indigestion or other distress?.....	146
147. Do you have more love for your mother than for your father?.....	147
148. Are your feelings rather easily hurt?.....	148
149. Are your parents too old-fashioned in their beliefs and ideas?.....	149
150. Can you relax yourself easily?.....	150
151. Do you like using leisure time in creative writing (poetry, stories, etc.)?.....	151
152. Have you often wished that your appearance were different?.....	152
153. Would you rather work outdoors than indoors?.....	153
154. Do you often pause just to meditate about things in general?.....	154
155. Do you frequently show yourself up disadvantageously?.....	155
156. Do you usually let others have their own way, even at the expense of your own satisfaction?.....	156
157. Are your friendships limited primarily to members of your sex?.....	157
158. Do you often get into difficulties which you did not seek to cause?.....	158
159. Do you like to be in a crowd just to be with other people?.....	159
160. Are there many persons who do not care to associate with you?.....	160

161. Are there certain things about some of your family which definitely annoy you?	Page 10 161
162. Are your spirits usually on a rather even keel?	162
163. Would you be willing to give up everything for your family?	163
164. Do you sometimes think the world is distant and dreamlike?	164
165. Are there some rather serious handicaps in family life?	165
166. Can you become so enthusiastic your spirit generates enthusiasm in others?	166
167. Do you feel people frequently misunderstand what you mean?	167
168. Are you hesitant to seek assistance from others?	168
169. Do you dislike being kidded about your little oddities?	169
170. Can you express yourself better in speech than in writing?	170
171. Is your mood easily governed by your associates — i.e., by others who are happy or sad?	171
172. Have your parents been too strict with you?	172
173. Do you ever laugh at a dirty joke?	173
174. Does a sudden stimulus startle you easily?	174
175. Do you think there have been too little affection and love in your home?	175
176. Do you like to read criticisms of articles or books you have previously read?	176
177. Does your family believe you are as much a success as you could be?	177
178. Do you find pleasure in solving intellectual problems?	178
179. Is it generally hard for you to reach decisions?	179
180. Do you enjoy work that needs very little thought after it is learned?	180
181. When driving, does it bother you considerably to get caught in slow traffic?	181
182. Do you generally take the lead in making new friends?	182
183. Do others often try to get credit for things you have achieved?	183
184. Do you enjoy mixing socially with others?	184
185. Are you constantly comparing yourself with others?	

Page **11**

186. Do you and your parents exist in different worlds, as far as ideas are involved? 186

187. Do you tend to deliberate over your past? 187

188. Do you like all the persons in your family just about equally well? 188

189. Do you blush readily? 189

190. Are your relatives as likable and attractive as those of your friends? 190

191. When traveling, are you more interested in new things and places than in new people? 191

192. Are you frequently irritated by minor annoyances? 192

193. Do you ever need to conquer bashfulness? 193

194. Do you ever feel flattered because you know an important person? 194

195. Have you ever been the life of the party? 195

196. Have you often had to remain quiet or leave the house to have peace at home? 196

197. Do thunder and lightning make you frightened? 197

198. Do you usually have better times at places away from your home? 198

199. When upset emotionally, do you take much time to recover composure? 199

200. Is your father your ideal of manhood? 200

201. Can you play your best in a contest against an opponent much better than you? 201

202. Are you usually carefree? 202

203. Do you sometimes feel isolated and alone when in a group of people? 203

204. Do you tend to be introspective — that is, self-analytical? 204

205. Are you always ready to decide what your next step should be? 205

206. Do others sometimes offend you unwittingly because you cover your feelings? 206

207. Do others often tell you about their personal family problems? 207

208. Have you ever been seriously double-crossed? 208

209. Do you tend to remain quiet in a social group? 209

210. Do you sometimes become irritable when not feeling well? 210

211. Have you ever observed a vague feeling of uneasiness without knowing why?	Page 12 211
212. Do you feel you have been bossed too much?.....	212
213. Do you ever feel like swearing?.....	213
214. Do you ever have thoughts too bad to tell others?.....	214
215. Has either of your parents any personal traits that annoy you?.....	215
216. If a person goes out of his way to be nice, do you look for his real reasons? ..	216
217. Have you learned to pay compliments readily when they are deserved? ..	217
218. Do others frequently blame you for things unjustly?.....	218
219. Have you been concerned about being shy?.....	219
220. Are you inclined to be radical in your religious or social attitudes?.....	220
221. Have you often argued with your parents about how to do work around home?.....	221
222. Do you often find difficulty in sleeping even though tired?.....	222
223. Have your parents often objected to the companions you choose?.....	223
224. Are you readily moved to tears?.....	224
225. Is your family too curious about your private affairs?.....	225
226. Would you rather keep your radio on a symphony than turn to popular music?.....	226
227. Can you adjust yourself readily to new conditions or situations?.....	227
228. Do you like work involving a great amount of attention to details?.....	228
229. Do you often feel rather awkward?.....	229
230. Do you prefer one long complex problem to several simpler ones?.....	230
231. Are some persons so bossy you like to do just the opposite of what they ask?.....	231
232. Would you rather visit with only one person than with a group?.....	232
233. Has lack of money robbed you of opportunities for real success?.....	233
234. Are people generally interested in your activities?.....	234
235. In group activity are you often forced to take an insignificant role?.....	235

	Page
236. When a critical situation is past, do you often think what you should have done but didn't?	13 236
237. Is either of your parents a very nervous person?	237
238. Are you often in a mood of excitement?	238
239. Is either of your parents easily upset?	239
240. Are you often too conscientious?	240
241. Do you become uneasy when waiting for a slow person to finish a task?	241
242. Do you like to entertain people?	242
243. Have some persons unfairly criticized you to others?	243
244. Do you frequently feel ill at ease with others?	244
245. Do other persons often misunderstand your real intentions?	245
246. Do your parents fail to recognize your maturity and still treat you as a child?	246
247. Does the idea of a fire or an earthquake frighten you?	247
248. Do you often think your parents misunderstand you?	248
249. Are you so frequently on the go that you keep yourself worn out?	249
250. Have you had many unpleasant disputes with your brothers or sisters?	250
251. Could you become so absorbed in creative activity that you would not need close friends?	251
252. Do you often fear other persons will dislike you?	252
253. Can you enjoy an evening alone?	253
254. Do you frequently feel conspicuous in a group?	254
255. Do you often analyze other persons' motives?	255
256. In social conversation, are you customarily more of a listener than a talker?	256
257. Are there some personal things about which you are rather touchy?	257
258. Do you like to take charge of group activities?	258
259. Are you considered critical of others?	259
260. Can you usually find a ready answer for remarks made to you?	260

261. At a banquet, would you do without something rather than ask to have it passed?	Page 14 261
262. Do you tune the radio away from quiz programs?.....	262
263. Do you ever put things off when they should be done at once?.....	263
264. Are you generally not concerned about the future?.....	264
265. Have most persons made a better life adjustment than you?.....	265
266. Do you ever wish to move elsewhere because of too few congenial people where you are?.....	➔ 266
267. Are you usually indifferent to the opposite sex?.....	267
268. Do you find it hard to start conversations with strangers?.....	268
269. Do you often feel people are watching you on the street?.....	269
270. Do you think social affairs are often a waste of time?.....	270

A	-	S	-	E	-	
C	-	P	-	H	-	
Score	%-ile	Score	%-ile	Score	%-ile	

HESTON PERSONAL ADJUSTMENT INVENTORY

(I)

(II)

→	→	→	→
260 YES NO	235 YES NO	210 YES NO	160 YES NO
259 YES NO	234 YES NO	209 YES NO	159 YES NO
258 YES NO	233 YES NO	208 YES NO	158 YES NO
257 YES NO	232 YES NO	207 YES NO	157 YES NO
256 YES NO	231 YES NO	206 YES NO	156 YES NO
→	→	→	→
255 YES NO	230 YES NO	205 YES NO	155 YES NO
254 YES NO	229 YES NO	204 YES NO	154 YES NO
253 YES NO	228 YES NO	203 YES NO	153 YES NO
252 YES NO	227 YES NO	202 YES NO	152 YES NO
251 YES NO	226 YES NO	201 YES NO	151 YES NO
→	→	→	→
250 YES NO	225 YES NO	200 YES NO	150 YES NO
249 YES NO	224 YES NO	199 YES NO	149 YES NO
248 YES NO	223 YES NO	198 YES NO	148 YES NO
247 YES NO	222 YES NO	197 YES NO	147 YES NO
246 YES NO	221 YES NO	196 YES NO	146 YES NO
→	→	→	→
245 YES NO	220 YES NO	195 YES NO	145 YES NO
244 YES NO	219 YES NO	194 YES NO	144 YES NO
243 YES NO	218 YES NO	193 YES NO	143 YES NO
242 YES NO	217 YES NO	192 YES NO	142 YES NO
241 YES NO	216 YES NO	191 YES NO	141 YES NO
→	→	→	→
240 YES NO	215 YES NO	190 YES NO	140 YES NO
239 YES NO	214 YES NO	189 YES NO	139 YES NO
238 YES NO	213 YES NO	188 YES NO	138 YES NO
237 YES NO	212 YES NO	187 YES NO	137 YES NO
236 YES NO	211 YES NO	186 YES NO	136 YES NO

The End

→

270 YES NO

269 YES NO

268 YES NO

267 YES NO

266 YES NO

→

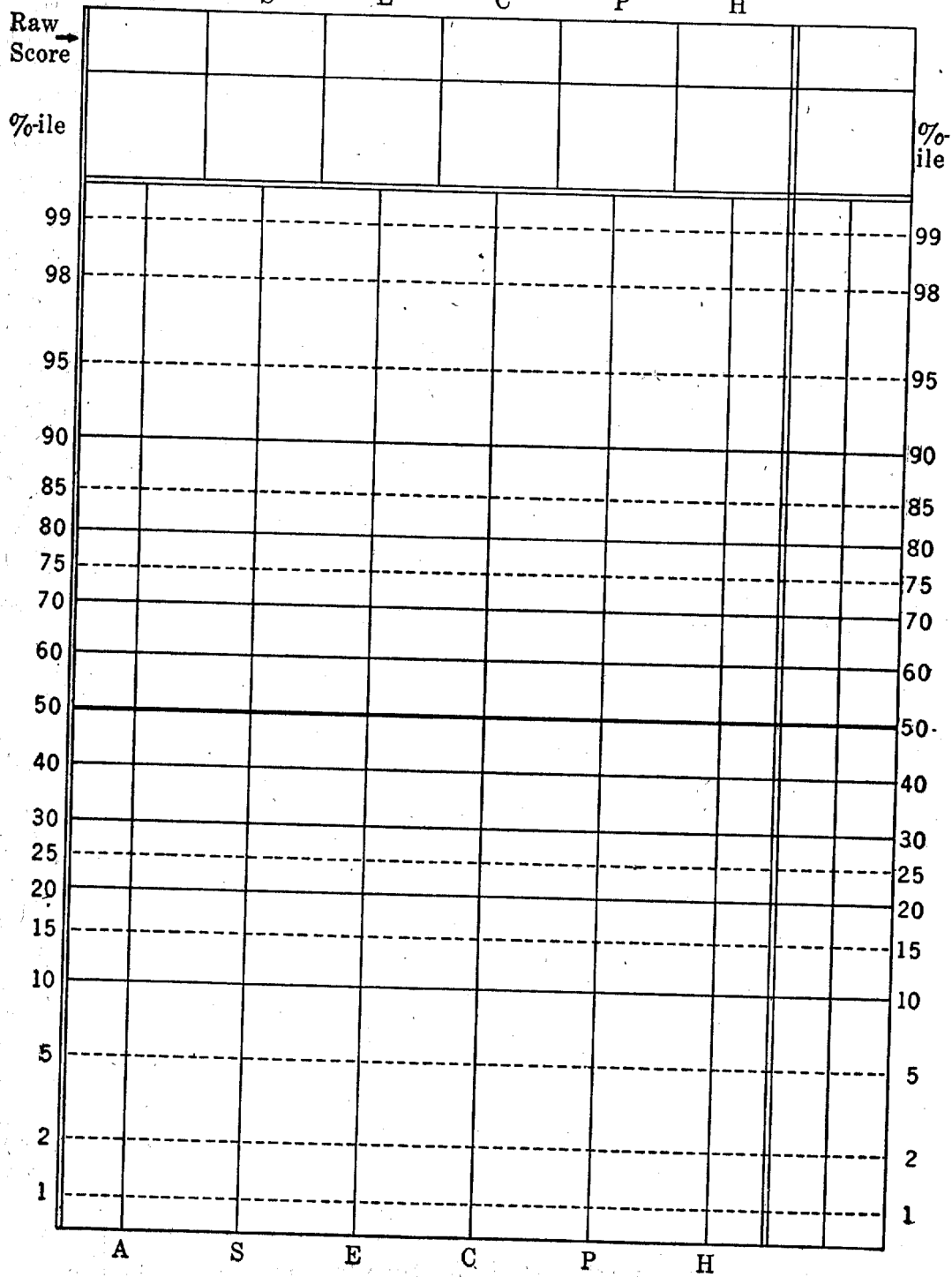
265 YES NO

264 YES NO

263 YES NO

262 YES NO

261 YES NO



KIND OF PERCENTILE NORMS USED

- _____ 1. H. S. Seniors M F
- _____ 2. Coll. Fresh. M F
- _____ 3. _____ M F