STRATHCLYDE INVENTORY – 20 (V.7)

Client ID _____ Date ___/___/___ Session_____

Please read each statement below and think how often you sense it has been true for you DURING THE **LAST MONTH**. Then mark the box that is closest to this. There are no right or wrong answers – it is only important what is true for you individually.

OVER THE LAST MONTH	Never	Only Occasionally	Sometimes	Often	All or most of the time
1. I have been able to be spontaneous	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
2. I have condemned myself for my attitudes or behaviour	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0
3. I have tried to be what others think I should be	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0
4. I have trusted my own reactions to situations	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
5. I have experienced very satisfying personal relationships	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
6. I have felt afraid of my emotional reactions	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0
7. I have looked to others for approval or disapproval	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0
8. I have expressed myself in my own unique way	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
9. I have found myself "on guard" when relating with others	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0
10. I have made choices based on my own internal sense of what is right	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
11. I have listened sensitively to myself	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
12. I have felt myself doing things that were out of my control	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0
13. I have lived fully in each new moment	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
14. I have been aware of my feelings	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
15. I have hidden some elements of myself behind a "mask"	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0
16. I have felt true to myself	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
17. I have been able to resolve conflicts within myself	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
18. I have felt myself doing things that are out of character for me	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0
19. I have accepted my feelings	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
20. I have felt it is all right to be the kind of person I am	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4

Thank you for your time in completing this questionnaire

© 2016 Elizabeth Freire, Robert Elliott, Susan Stephen & Brian Rodgers