

## Autonomy-Questionnaire (Dr. Langlotz, 2019/07/22)

Name: ..... Age: ..... Date: .....

Scale: 0 = does not apply; 1 = rarely; 2 = sometimes; 3 = frequently; 4 = almost always

### A

1. I can say no - even to good friends.
2. I empathize with others when they're having a hard time, but I don't have to suffer with them.
3. I don't feel the need to help other people with my advice or action if I am not asked.
4. I insist on my legitimate requests, even if others see it differently.
5. Even in an argument, I can defend my point of view calmly and convincingly.
6. I don't feel overburdened when someone I care about is facing hardships.
7. If a supervisor blames me for a mistake, I can answer calmly and objectively.
8. I can respect difficult people without having to understand them.

0	1	2	3	4

**Sum A:**

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### B

1. I know what I want.
2. I'm able to stand my ground during disagreements.
3. I make quick decisions.
4. If I have a problem, I take it seriously and handle it myself.
5. I have experienced someone really caring for me.
6. I don't need to be occupied all the time to feel good about myself.
7. I trust my intuition.
8. I'm fine spending time alone.

0	1	2	3	4

**Sum B:**

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### C

1. I'm able to speak up when something annoys me.
2. When I'm uncomfortable, I try to understand why.
3. Challenges make me stronger.
4. I handle unpleasant tasks right away.
5. I am able to focus my attention, even on boring topics.
6. I don't let disappointments and defeats spoil my mood.
7. I can admit to my own mistakes.
8. I like meeting new people.

0	1	2	3	4

**Sum C:**

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**(please turn)**

Scale: 0 = does not apply; 1 = rarely; 2 = sometimes; 3 = frequently; 4 = almost always

**D**

1. I don't feel like helping others, because I have often been exploited in the past.
2. I don't want to be accountable to anyone else when I make decisions.
3. I don't like to depend on others.
4. I am reluctant to accept help because I don't like to feel indebted.
5. I'd rather be against than for something.
6. Disappointments have made me cautious.
7. I don't like to burden others with my problems.
8. When problems arise, I blame others.

0	1	2	3	4

**Sum D:**

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**E**

1. It bothers me when someone disagrees with me on an important issue.
2. Some people accuse me of interfering.
3. Criticism makes me angry.
4. I get upset when someone doesn't follow my advice.
5. I need to know how my family is doing at all times.
6. I follow through on my plans.
7. I like having everything under control.
8. I'd rather give than receive and feel indebted.

0	1	2	3	4

**Sum E:**

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**F**

1. I often feel guilty.
2. I am often irritated and cranky without knowing why.
3. There are times I can't stand myself.
4. Stress manifests itself into physical symptoms.
5. I'm sometimes listless.
6. When something goes wrong, it's someone else's fault.
7. I can be very hurtful to others.
8. When I get angry, I lose control of myself.

0	1	2	3	4

**Sum F:**

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