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

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

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

- Α 0 1 2 3 4 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. Sum A: в 0 1 2 3 4 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 mvself 7. I trust my intuition. 8. I'm fine spending time alone. Sum B: С 0 1 2 3 4 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.

(please turn)

Sum C:

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#### 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.

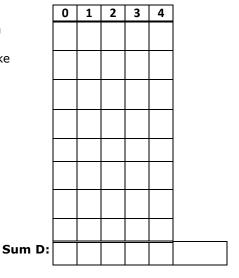
2. Some people accuse me of interfering.

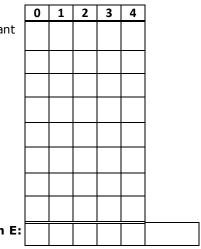
7. I like having everything under control.

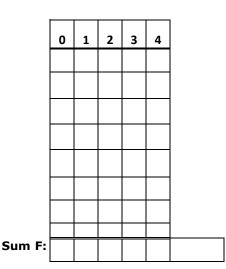
8. I'd rather give than receive and feel indebted.

3. Criticism makes me angry.

6. I follow through on my plans.







## Sum E:

# 1. It bothers me when someone disagrees with me on an important

#### F

E

issue.

- 1. I often feel guilty.
- 2. I am often irritated and cranky without knowing why.

4. I get upset when someone doesn't follow my advice. 5. I need to know how my family is doing at all times.

- 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.