

THE MODIFIED ERIKSON PSYCHOSOCIAL STAGE INVENTORY (MEPSI)

We would like to know a little about you and how you view your situation. Here are some thoughts that most people have about themselves at one time or another. Please read each sentence and CIRCLE the number, on the scale of 1 (HARDLY EVER TRUE) to 5 (ALMOST ALWAYS TRUE), which shows how often the sentence is true of you. Don't spend a lot of time thinking about your response. There are no right or wrong answers. *Please do not omit any answers.*

How often is this true of you?

HARDLY EVER TRUE	OCCA- SION ALLY TRUE	ABOUT HALF THE TIME	USUALLY TRUE	ALMOST ALWAYS TRUE
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|--|---|---|---|---|---|
| 1. I am able to take things as they come..... | 1 | 2 | 3 | 4 | 5 |
| 2. I'm a hard worker..... | 1 | 2 | 3 | 4 | 5 |
| 3. I get embarrassed when someone begins to tell me personal things..... | 1 | 2 | 3 | 4 | 5 |
| 4. I'm warm and friendly..... | 1 | 2 | 3 | 4 | 5 |
| 5. I really believe in myself..... | 1 | 2 | 3 | 4 | 5 |
| 6. I change my opinion of myself a lot..... | 1 | 2 | 3 | 4 | 5 |
| 7. I like to assume responsibility for things..... | 1 | 2 | 3 | 4 | 5 |
| 8. I've got a clear idea of what I want to be..... | 1 | 2 | 3 | 4 | 5 |
| 9. I feel mixed up..... | 1 | 2 | 3 | 4 | 5 |
| 10. I find the world a very confusing place..... | 1 | 2 | 3 | 4 | 5 |
| 11. I feel guilty about many things..... | 1 | 2 | 3 | 4 | 5 |
| 12. I know when to please myself and when to please others..... | 1 | 2 | 3 | 4 | 5 |
| 13. The important things in life are clear to me..... | 1 | 2 | 3 | 4 | 5 |
| 14. I don't seem to be able to achieve my ambitions..... | 1 | 2 | 3 | 4 | 5 |

How often is this true of you?

HARDLY EVER TRUE	OCCA- SION ALLY TRUE	ABOUT HALF THE TIME	USUALLY TRUE	ALMOST ALWAYS TRUE
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15. I don't seem to have the ability that most others have.....	1	2	3	4	5
16. I've got it together.....	1	2	3	4	5
17. I know what kind of person I am.....	1	2	3	4	5
18. I worry about losing control of my feelings.....	1	2	3	4	5
19. As I look over my life, I feel the need to make up for lost time.....	1	2	3	4	5
20. I feel that I have the wisdom and experience to be of help to others.....	1	2	3	4	5
21. I feel that I have left my mark on the world through my children/work....	1	2	3	4	5
22. I rely on other people to give me ideas.	1	2	3	4	5
23. I think I must be basically bad.....	1	2	3	4	5
24. Other people understand me.....	1	2	3	4	5
25. I can't decide what I want to do with my life.....	1	2	3	4	5
26. It's important to me to be completely open with my friends.....	1	2	3	4	5
27. I spend a great deal of time thinking about myself.....	1	2	3	4	5
28. I find that good things never last long.....	1	2	3	4	5
29. I feel I am a useful person to have around.....	1	2	3	4	5
30. I keep what I really think and feel to myself.....	1	2	3	4	5

How often is this true of you?

HARDLY EVER TRUE	OCCA- SION ALLY TRUE	ABOUT HALF THE TIME	USUALLY TRUE	ALMOST ALWAYS TRUE
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31. I have many regrets about what I might have become.....	1	2	3	4	5
32. I'm an energetic person who does lots of things.....	1	2	3	4	5
33. I'm trying hard to achieve my goals.....	1	2	3	4	5
34. Things and people usually turn out well for me.....	1	2	3	4	5
35. I am afraid of growing old.....	1	2	3	4	5
36. I think the world and people in it are basically good.....	1	2	3	4	5
37. I am ashamed of myself.....	1	2	3	4	5
38. I'm good at my work.....	1	2	3	4	5
39. I think it's crazy to get too involved with people.....	1	2	3	4	5
40. People try to take advantage of me.....	1	2	3	4	5
41. I like myself and am proud of what I stand for.....	1	2	3	4	5
42. I have a sense that there is purpose in my life.....	1	2	3	4	5
43. I feel inadequate in my interactions with others.....	1	2	3	4	5
44. I find myself expecting the worst to happen.....	1	2	3	4	5
45. I care deeply for others.....	1	2	3	4	5
46. My achievements and failures are largely a consequence of my own actions.....	1	2	3	4	5

How often is this true of you?

HARDLY EVER TRUE	OCCA- SION ALLY TRUE	ABOUT HALF THE TIME	USUALLY TRUE	ALMOST ALWAYS TRUE
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47. I find I have to keep up a front when I'm with people.....	1	2	3	4	5
48. I don't really feel involved.....	1	2	3	4	5
49. I can't make sense of my life.....	1	2	3	4	5
50. It is important to me to feel that I have made a contribution in life.....	1	2	3	4	5
51. There's a lot about my life I'm sorry about.....	1	2	3	4	5
52. I waste a lot of my time.....	1	2	3	4	5
53. I'm as good as other people.....	1	2	3	4	5
54. I like to make my own choices.....	1	2	3	4	5
55. I am disgusted by other people.....	1	2	3	4	5
56. I feel at peace with my life.....	1	2	3	4	5
57. I don't feel confident of my judgement..	1	2	3	4	5
58. I'm basically a loner.....	1	2	3	4	5
59. I cope very well.....	1	2	3	4	5
60. I have difficulty relating to people different from me.....	1	2	3	4	5
61. I'm not much good at things that need brains or skill.....	1	2	3	4	5
62. I have (have had) a close physical and emotional relationship with another person.....	1	2	3	4	5
63. I have discovered no mission or purpose in life.....	1	2	3	4	5

How often is this true of you?

HARDLY EVER TRUE	OCCA- SION ALLY TRUE	ABOUT HALF THE TIME	USUALLY TRUE	ALMOST ALWAYS TRUE
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64. I stick with things until they're finished.....	1	2	3	4	5
65. I'm a follower rather than a leader.....	1	2	3	4	5
66. I find it hard to make up my mind.....	1	2	3	4	5
67. I trust people.....	1	2	3	4	5
68. I like to take risks.....	1	2	3	4	5
69. I worry about how others perceive me.	1	2	3	4	5
70. It is more important to work on behalf of those I care about than to work just for myself.....	1	2	3	4	5
71. I like new adventures.....	1	2	3	4	5
72. I prefer not to show too much of myself to others.....	1	2	3	4	5
73. If I could live my life over, there is little I would change.....	1	2	3	4	5
74. I don't get things finished.....	1	2	3	4	5
75. I like finding out about new things or places.....	1	2	3	4	5
76. I don't get much done.....	1	2	3	4	5
77. I find it easy to make close friends.....	1	2	3	4	5
78. I can't make up my own mind about things.....	1	2	3	4	5
79. As I look back over my life, I realize my parents did the best they could for me.....	1	2	3	4	5
80. I am proud of what I have accomplished in my life.....	1	2	3	4	5