

Who Am I?

Questions to Assist with Scoring the Assessment of Essential Motivation, Tension, and Resistance

1. Help Others

Rate your desire to help others as *very important* to you if any of the following statements is generally true:

1. You make personal sacrifices for others.
2. You repeatedly volunteer time to community-service organizations.
3. You repeatedly work to find ways to help others.

Rate your desire to help others as *less important* to you if either of the following statements is generally true:

1. You pay little attention to what is going on with others.
2. You believe people should help themselves.
3. You think that you should only help people who help you – and then only if they ask.

Rate your desire to help others as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

2. Rejection Avoidance/Acceptance

Rate acceptance as *very important* to you if any of the following statements is generally true:

1. You usually set easy goals for yourself.
2. You have great difficulty coping with criticism.
3. One of the most important things for you is that everyone likes you.

Rate acceptance as *less important* to you if any of the following statements is true:

1. You have a lot of self-confidence.
2. You handle criticism better than most people – you do not become unduly upset.
3. It is more important for you to like yourself than for others to like you.

Rate your desire for acceptance as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

3. Vengeance

Rate your desire for vengeance as *very important* to you if any of the following statements is generally true:

1. You have trouble controlling your anger or are considered aggressive by others.
2. You feel a strong need to “right a wrong” when you know about it.
3. “Getting even” is very important to you.

Rate your desire for vengeance as *less important* to you if either of the following statements is generally true:

1. You are slow to feel anger compared to most people.
2. You often “look the other way” when insulted or offended.
3. You dislike competitive situations.

Rate your desire for vengeance as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

4. Order

Rate your desire for order as *very important* to you if any of the following statements is generally true:

1. You are noticeably more organized than most people.
2. You have many rules and try to follow them very strictly.
3. You enjoy cleaning up.
4. If your things are out of order it is very upsetting to you.

Rate your desire for order as *less important* to you if either of the following statements is generally true:

1. Your room or other personal area (like a closet) is usually a mess.
2. You hate planning and/or cleaning up.
3. You think that there are too many rules in the world.

Rate your desire for order as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

5. Independence/Self-Determination

Rate your desire for independence as *very important* to you if any of the following statements is generally true:

1. You usually resist advice and guidance from others.
2. Self-reliance is essential to your happiness.
3. It is absolutely critical that I make my own decisions and I get upset if others try to do it for me.

Rate your desire for independence as *less important* to you if any of the following statements is generally true:

1. Compared to other people your own age, you are noticeably more devoted to your friends or partner.
2. You like to just go along with whatever everyone else is doing.
3. You dislike being on your own.

Rate your desire for independence as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that independence is both very *and* less important to you.

6. Curiosity

Rate curiosity as *very important* in guiding your behavior if any of the following statements is generally true:

1. You have a thirst for knowledge – you like classes, to watch educational TV, read information.
2. Compared to your peers, you ask a lot of questions
3. You think a lot about what is true or how things work.

Rate your curiosity as less important in guiding your behavior if any of the following statements is true:

1. You dislike intellectual activities – don't like to think about things too hard.
2. Get bored if the TV is educational.
3. You rarely ask questions or care why things are the way they are.

Rate your curiosity as of *average importance* if you have not rated it as very important *or* less important, or if you have endorsed statements indicating that curiosity is both very *and* less important to you.

7. Attention

Rate your desire for attention as *very important* to you if any of the following statements is generally true:

1. You often buy or do things just to impress other people – it is important to be “cool”.
2. When you have something to say you need to be listened to and taken seriously.
3. You feel a strong need to be important to others and your feelings are hurt if you are not invited/included to participate with others you like.
4. You usually dominate in social situations with people your own age.

Rate your desire for attention as *less important* to you if any of the following statements is generally true:

1. You usually do not care what most people think of you.
2. Generally, you prefer being submissive/quiet in social situations.
3. You wish people would just let you be alone more.
4. You only want or need a few friends.

Rate your desire for attention as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

8. Morality

Rate your desire for morality as *very important* to you if any of the following statements is generally true:

1. You are known as a highly principled person.
2. Religious worship services are important to you.
3. You have a strong sense of right and wrong and you try to do the right thing.

Rate your desire for morality as *less important* to you if any of the following statements is generally true:

1. You believe that everyone is out for him or herself.
2. You believe there is no such thing as right and wrong – only what is good for you right now.
3. You do not care much about morality.

Rate your desire for morality as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

9. Social Contact

Rate your desire for social contact as *very important* to you if any of the following statements is generally true:

1. You feel that you need to be around other people a lot to be happy.
2. You think being alone is hard or boring.
3. You are known as a fun-loving person.

Rate your desire for social contact as *less important* to you if either of the following statements is generally true:

1. You are a private person.
2. You hate parties.
3. You do not care much about other people except for family and a few close friends.

Rate your desire for social contact as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

10. Physical Activity

Rate your desire for physical activity as *very important* to you if any of the following statements is generally true:

1. You exercise regularly.
2. You find sitting still boring.
3. You would rather be moving around doing something than watching TV.
4. Playing one or more sports is an important part of your life.

Rate your desire for physical activity as *less important* to you if either of the following statements is generally true:

1. You have a history of being physically inactive.
2. You think of yourself as lazy or others do.
3. You would not enjoy playing a sport.

Rate your desire for physical activity as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

11. Sexual Gratification

Rate your desire for romance as *very important* to you if any of the following statements is generally true:

1. You spend a lot of time, compared to other people you know who are about the same age as you, in the pursuit of romantic or sexual relationships/activity.
2. You have a history of sexual behavior with many partners.
3. You spend a lot of time, in your opinion, thinking about romance and/or sex. (fantasy)
4. You must work hard to control your sexual thoughts and desires/urges.

Rate your desire for romance as *less important* to you if either of the following statements is generally true:

1. You spend little time pursuing or thinking about romantic relationships or sex.
2. You think that sex is disgusting.

Rate your desire for romance as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

12. Food

Rate your desire for food as *very important* to you if any of the following statements is generally true:

1. You spend a lot of time, compared to other people you know who are about the same age as you, eating.
2. You spend an unusual amount of time, compared to other people you know who are about the same age as you, thinking about food or how to get it.

3. Eating is one of the most enjoyable things in your life.
4. You have had an eating disorder.

Rate your desire for food as *less important* to you if either of the following statements is generally true:

1. You have never had a weight problem or eating disorder.
2. You rarely eat more than you should.
3. You rarely think about food as entertainment/fun.

Rate your desire for food as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

13. Physical Pain Avoidance/Comfort

Rate your desire to be comfortable or avoid pain as *very important* to you if any of the following statements is generally true:

1. You are often afraid of getting hurt.
2. You have trouble sleeping if you are not in your own bed.
3. You have a favorite chair that you like to sit in.
4. You will not try new things if you think it might make you physically uncomfortable.

Rate your desire to be comfortable or avoid pain as *less important* to you if either of the following statements is generally true:

1. You are willing to try new things, even if it might hurt (like falling off a bike).
2. You are rarely afraid of getting hurt.
3. You rarely have trouble sleeping if you are not in your own bed.
4. You like to take chances or be the “dare-devil”.
5. You get into fights more often than a lot of your peers.

Rate your desire to be comfortable or avoid pain as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

14. Frustration Avoidance/Self-Regulation

Rate your desire to avoid frustration as *very important* to you if any of the following statements is generally true:

1. You do not like to do new things if you might make a mistake or get embarrassed.
2. You hate it when you don't know what to do.
3. It is very important to you to be “in control” of your feelings.
4. If you didn't do well at something the first time you are not likely to try again.

Rate your desire to avoid frustration or avoid pain as *less important* to you if either of the following statements is generally true:

1. You are willing to try new things, even if people might see your mistakes.
2. You are OK about asking for help when you don't know what to do.
3. You believe it is good to learn how to do new things.
4. If you didn't do well at something the first time you are more likely to try again.

Rate your desire to avoid frustration or avoid pain as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

15. Anxiety Avoidance/Calmness

Rate your desire to be calm as *very important* to you if any of the following statements is generally true:

5. It scares you when you feel "shaky" or your heart beats rapidly (trembling).
6. Your stomach gets really upset when you get scared.
7. You have a history of being so scared you can't do anything (panic attacks).
8. You are generally fearful and timid.

Rate your desire to be calm as *less important* to you if either of the following statements is generally true:

9. You are a brave person.
10. You have noticeably fewer fears than your peers.
11. Nothing really scares you very much.

Rate your desire to be calm as of *average importance* if you have not rated it as very important or less important, or if you have endorsed statements indicating that power is both very *and* less important to you.

Please direct questions about these Questions to:

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This document is designed to assist with scoring of the Assessment of Essential Motivation, Tension and Resistance by Michael Mayer and Susan Havercamp, (2001) TheraEd, Durham, NC. It has been adapted to assist people who have intellectual and other developmental or related disabilities from content found in *Who Am I? The 16 Basic Desires That Motivate Our Actions and Define our Personalities* by Steven Reiss, Ph.D. (2000) Tarcher/Putnam, New York.