Appendix

*Circumplex Scales of Interpersonal Problems (CSIP)*

INSTRUCTIONS: The following is a list of personal problems people commonly report in their lives. These include thoughts, feelings, and behaviors that may cause emotional distress, disrupt relationships, or interfere with goals and activities. Read each statement carefully, and indicate how much you experience each problem using the scale below to record your answers.

<table>
<thead>
<tr>
<th>Not a Problem</th>
<th>Minor Problem</th>
<th>Moderate Problem</th>
<th>Serious Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

1. Bossing around other people too much
2. Acting rude and inconsiderate toward others
3. Pushing away other people who get too close
4. Difficulty making friends
5. Lacking self-confidence
6. Letting other people boss me around too much
7. Putting other people’s needs before my own too much
8. Being overly affectionate with others
9. Verbally or physically abusing others
10. Acting selfishly with others
11. Difficulty showing love and affection to others
12. Having trouble fitting in with others
13. Getting easily embarrassed in front of others
14. Acting overly submissive with others
15. Giving too much to others
16. Difficulty keeping personal matters private from others
17. Starting arguments and conflicts with others
18. Being unable to feel guilt or remorse
19. Being unable to enjoy the company of others
20. Avoiding people or social situations
21. Difficulty taking the lead
22. Being unable to express anger toward others
23. Forgiving people too easily
24. Talking too much
25. Trying to influence or control other people too much
26. Lacking respect for other people’s beliefs, attitudes, or opinions
27. Feeling emotionally disconnected from others
28. Being unable to keep conversations going
29. Having trouble asserting myself
30. Being too concerned about what other people think
31. Being overly sentimental or tender-hearted
32. Flirting with other people too much
33. Domination or intimidating others
34. Having trouble getting along with others
35. Difficulty developing close and lasting relationships
36. Feeling like an outsider in most social situations
37. Feeling weak and insecure around dominant others
38. Being easily taken advantage of
39. Being easily affected by the pain and suffering of others
40. Having trouble respecting other people’s privacy
41. Acting aggressively toward others
42. Being insensitive to the thoughts, feelings, and needs of others
43. Being unable to fully connect with others
44. Being unable to be myself around others
45. Being unable to stand up to others
46. Compromising with other people too much
47. Trusting people too easily
48. Exaggerating so that other people will respect me
49. Manipulating other people to get what I want
50. Disliking most people
51. Difficulty opening up to others
52. Feeling fearful or nervous in social situations
53. Avoiding confrontation when problems arise
54. Being easily influenced by others
55. Trying to solve other people’s problems too much
56. Confronting people too quickly about problems
57. Acting superior or condescending toward others
58. Having trouble giving emotional or moral support to others
59. Feeling uncomfortable with being close or intimate with others
60. Acting shy around others
61. Letting other people make decisions too often
62. Being unable to say “no”
63. Getting too attached to others
64. Needing to be at the center of attention

Scoring instructions provided on the reverse side
Scoring the CSIP:

PA: Domineering – 1, 9, 17, 25, 33, 41, 49, 57
BC: Self-Centered – 2, 10, 18, 26, 34, 42, 50, 58
DE: Distant/Cold – 3, 11, 19, 27, 35, 43, 51, 59
FG: Socially Inhibited – 4, 12, 20, 28, 36, 44, 52, 60
HI: Nonassertive – 5, 13, 21, 29, 37, 45, 53, 61
JK: Exploitable – 6, 14, 22, 30, 38, 46, 54, 62
LM: Self-Sacrificing – 7, 15, 23, 31, 39, 47, 55, 63
NO: Intrusive – 8, 16, 24, 32, 40, 48, 56, 64

Reference