

Confidential

What I Think and Feel (RCMAS-2)

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Directions:

The sentences on the page tell how some people think and feel about themselves. Read each sentence carefully, and then circle the Letter that shows your answer. Circle **Yes** if you think the sentence is true about you. Circle **No** if you think it is not true about you. Give an answer for every sentence, even if it is hard to choose one that fits you. Do not fill in both **Yes** and **No** for the same sentence. If you want to change an answer, completely erase your first answer and then fill in the circle for your new choice.

There are no right or wrong answers. Only you can tell us how you think and feel about yourself. Remember, after you read each sentence; ask yourself "Is this true about me?" If it is, circle **Yes**. If it is not, fill in **No**.

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|---|-----|----|
| 1. I have trouble making up my mind. | YES | NO |
| 2. I get nervous when things do not go the right way for me. | YES | NO |
| 3. Others seem to do things easier than I can | YES | NO |
| 4. I like everyone I know | YES | NO |
| 5. Often I have trouble getting my breath. | YES | NO |
| 6. I worry a lot of the time. | YES | NO |
| 7. I feel bad if people laugh at me. | YES | NO |
| 8. I am afraid of a lot of things. | YES | NO |
| 9. I am always kind. | YES | NO |
| 10. I get mad easily. | YES | NO |
| 11. I worry what my parents will say to me..... | YES | NO |
| 12. I feel that others do not like the way I do things. | YES | NO |
| 13. I am afraid to give a talk to my class. | YES | NO |
| 14. I always have good manners. | YES | NO |

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- | | | |
|---|-----|----|
| 15. It is hard for me to get to sleep at night. | YES | NO |
| 16. I worry about what other people think of me. | YES | NO |
| 17. I feel alone even when there are people with me. | YES | NO |
| 18. I get teased at school. | YES | NO |
| 19. I am always good. | YES | NO |
| 20. Often I feel sick in my stomach. | YES | NO |
| 21. My feelings get hurt easily. | YES | NO |
| 22. My hands feel sweaty. | YES | NO |
| 23. I worry about making mistakes in front of people. | YES | NO |
| 24. I am always nice to everyone. | YES | NO |
| 25. I am tired a lot. | YES | NO |
| 26. I worry about what is going to happen. | YES | NO |
| 27. Other people are happier than I am. | YES | NO |
| 28. I am afraid to speak up in a group. | YES | NO |
| 29. I tell the truth every single time. | YES | NO |
| 30. I have bad dreams. | YES | NO |
| 31. I feel someone will tell me I do things the wrong way. | YES | NO |
| 32. I get angry sometimes. | YES | NO |
| 33. I worried about being called on in class. | YES | NO |
| 34. I wake up scared sometimes. | YES | NO |
| 35. I worry when I go to bed at night. | YES | NO |
| 36. It is hard for me to keep my mind on my schoolwork. | YES | NO |
| 37. I sometimes say things I should not say. | YES | NO |
| 38. I fear other kids will laugh at me in class. | YES | NO |

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- 39. I worry about someone beating me up.YES NO
- 40. I wiggle in my seat a lot.YES NO
- 41. I am nervous.YES NO
- 42. A lot of people are against me.YES NO
- 43. I have told a lie.YES NO
- 44. I often worry about something bad happening to me.YES NO
- 45. I fear other people will laugh at me.YES NO
- 46. I have too many headaches.YES NO
- 47. I worry that others do not like me.YES NO
- 48. I get nervous around people.YES NO
- 49. I worry about saying something dumb.YES NO

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CMOCS

Cecil R. Reynolds, Ph.D. and Ronald B. Livingston, Ph.D.

Directions:

The sentences on this page describe some things people might feel, think or do. Read each sentence carefully, and see if it is something you feel, think or do. Then circle the letter that shows your answer.

If it is something is something you **NEVER** feel, think or do, circle the **N**.

If it is something is something you **SOMETIMES** feel, think or do, circle the **S**.

If it is something is something you **OFTEN** feel, think or do, circle the **O**.

If it is something is something you **ALMOST ALWAYS** feel, think or do, circle the **A**.

There are no right or wrong answers. Only you can tell us how you think and feel about yourself. Give an answer for every sentence. Do not fill in more than one answer for the same sentence. If you want to change an answer, completely erase your first answer and then fill in the circle for your new choice.

Fill in only once answer for each sentence.

	N= Never	S= Sometimes	O= Often	A= Almost Always
1. I worry I will get sick.	N	S	O	A
2. I wash my hands for a long time.	N	S	O	A
3. I use too much soap.	N	S	O	A
4. I like to eat my food in a specific order.	N	S	O	A
5. I ask my teacher if I did something wrong.	N	S	O	A
6. I worry I will get hurt.	N	S	O	A
7. I ask my parents if I did something wrong.	N	S	O	A
8. Once I start to worry, it is hard for me to stop.	N	S	O	A
9. I spend a lot of time cleaning my things.	N	S	O	A
10. I find things wrong with something I did.	N	S	O	A

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11. I fear I will make a mistake.	N	S	O	A
12. I have trouble stopping some thoughts.	N	S	O	A
13. I check things over and over to be sure.	N	S	O	A
14. I pick at some part of my face.	N	S	O	A
15. I find things wrong with my work.	N	S	O	A
16. I worry so much that it is hard to concentrate.	N	S	O	A
17. It is hard for me to stop thinking about some things.	N	S	O	A
18. I worry about more things than others do.	N	S	O	A
19. I fear something will be hurt if I forget to do so.	N	S	O	A
20. I have difficulty touching something if I know a stranger has touched it. ...	N	S	O	A
21. I am afraid I might hurt someone.	N	S	O	A
22. I am afraid someone might hurt me.	N	S	O	A
23. I have secret collections.	N	S	O	A
24. I worry about things that almost never happen.	N	S	O	A
25. My hands feel dirty even when they look clean.	N	S	O	A
26. I have trouble making up my mind.	N	S	O	A
27. I fear I will do something bad.	N	S	O	A
28. I have trouble throwing things away.	N	S	O	A
29. I worry I have done something wrong.	N	S	O	A
30. It is hard for me to pay attention in class.	N	S	O	A
31. I get angry if others touch my things.	N	S	O	A
32. I check my homework over and over to make sure it is right.	N	S	O	A
33. I have trouble getting clean enough.	N	S	O	A
34. I am afraid I have germs on me.	N	S	O	A
35. I have trouble completing my homework because I check it over and over.	N	S	O	A

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36. I hate to pick up anything off the floor.	N	S	O	A
37. I say special numbers or words over and over.	N	S	O	A
38. I worry I might hurt myself.	N	S	O	A
39. If I drop something on the floor, I do not want to pick it up.	N	S	O	A
40. I check more than once to be sure I have my homework with me.	N	S	O	A
41. I avoid touching a thing if anyone else has used it.	N	S	O	A
42. I check things over and over to be sure they are right.	N	S	O	A
43. I count things that do not matter.	N	S	O	A
44. I must always put things away in order.	N	S	O	A
45. I have a favorite number and do things that many times.	N	S	O	A
46. I move, talk or do things in a special way so bad things will not happen... ..	N	S	O	A
47. I pick at my hair.	N	S	O	A
48. I worry I will get germs from people.	N	S	O	A
49. I am the last one to be ready in the morning.	N	S	O	A
50. It takes me a long time to get ready in the morning.	N	S	O	A
51. I pick at my eyes or ears.	N	S	O	A
52. I am last to turn in my work.	N	S	O	A
53. People say I am too picky.	N	S	O	A
54. I need to touch certain things.	N	S	O	A
55. I want to be let alone when I eat.	N	S	O	A
56. I feel like I have too many things on my mind.	N	S	O	A