WORKSHEET **How Personal Do I Take It?**

Mark one number for each statement: 0 = rarely or never, 1 = sometimes, 2 = often.

1. When someone's message is short, I wonder what I did wrong.	⓪ ① ②
2. A single critical comment can affect my mood for the rest of the day.	⓪ ① ②
3. I replay conversations in my head, looking for what I said wrong.	⓪ ① ②
4. If someone near me is in a bad mood, I assume it has something to do with me.	⓪ ① ②
5. When a text goes unanswered for hours, I start to worry.	⓪ ① ②
6. I rehearse what I'll say in a conversation I'm nervous about, many times over.	⓪ ① ②
7. Feedback at work feels like a judgment of me as a person.	⓪ ① ②
8. I apologize even when I'm not sure I did anything wrong.	⓪ ① ②
9. I think of the "perfect reply" hours after a conversation is over.	⓪ ① ②
10. A joke at my expense stays with me long after everyone else has forgotten it.	⓪ ① ②
11. I lose sleep over something someone said or didn't say.	⓪ ① ②
12. Family comments about my choices hit me harder than I'd like.	⓪ ① ②

My total today: _____ (out of 24) Date: _____

The statement that fits me most: _____

> **What your score suggests.** 0 to 8: now and then. 9 to 16: often. 17 to 24: most days. Write today's date next to your score, because you'll retake this self-check in Chapter 14.

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