

SHAPIRO SELF-CONTROL INVENTORY
(SSCI)

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SSCI

Table of Contents

Part A: Contextual Information

1. Demographic/personal background.....	iii
2. Personal Self-Control: beliefs and assessment of possible change areas.....	1-3
3. Motivation: Reasons for desire to change; intensity.....	4-5
4. Resistance--Possible Problem areas.....	5-8
4a. Related to Motivation	
4b. Related to ability to learn from another (freedom reflex)	
4c. Related to Responsibility	
5. Methods for trying to change.....	9-10
5a. Formal self-control strategies	
5b. Expectations/beliefs; adherence/compliance	
5c. Informal techniques	

Part B: Specific Areas

6. Intimacy	11-13
7. Yielding; Acceptance.....	13-14
8. Overcontrol.....	15-19
9. Personal Style.....	20-22

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The following questionnaire is being given as part of a six nation, cross-cultural study designed to help us gather information about self-control. We appreciate your taking the time to take this survey. Please be as honest and precise as you can, and answer every question. Your responses will be kept confidential.

Thank you for your cooperation.

2.2b. Now, go back to the list in 2.2 once more, and on the right, put down, in general, whether you think you have, in the past, succeeded or failed in dealing with that area of concern.

++=succeeded extremely well

+ =succeeded

- =failed

--=failed miserably

2.3 Are there areas in your life in which you currently feel you exhibit a high degree of self-control?

Yes

No

If no, please go to question 2.4

If yes, please specify:

2.3a. Please return to the list above and note to the left of each item how you feel about the area

1=positive

2=neutral

3=negative

2.4 Have there been times in the past when you exhibited a high degree of self-control?

Yes

No

If no, please go to question 2.5

If yes, please specify:

2.4a Now, please note to the left of each area, how you felt about acting with a high degree of self-control

1=positive

2=neutral

3=negative

2.5 In general, please rate your own personal degree of self-control

1	2	3	4	5
none	some	average	high	extremely high

2.6 In general, how desirable do you feel self-control is as a quality for you to have?

1	2	3	4	5
not desirable	somewhat desirable	neither desirable nor undesirable	quite desirable	extremely desirable

2.7 In general, do you believe, if you really try something, you can accomplish it?

1	2	3	4
Strongly believe	somewhat believe	somewhat disbelieve	strongly disbelieve

2.8 In general, do you believe you have the ability to control your thoughts?

1	2	3	4
strongly believe	somewhat believe	somewhat disbelieve	strongly disbelieve

2.9 In general, do you believe you have the ability to control your feelings?

1	2	3	4
strongly believe	somewhat believe	somewhat disbelieve	strongly disbelieve

2.10 Do you believe there are skills that can be learned which could enable you to increase your self-control?

1	2	3	4
strongly believe	somewhat believe	somewhat disbelieve	strongly disbelieve: (willpower is something we are born with)

NOTE: If you answered NO to questions 2.1 and 2.2, and there are no areas either currently or in the past in which you have wanted to develop greater self-control, please skip all of part III except the last question (3.4). If you answered yes to questions 2.1 and/or 2.2, please fill out all of part III.

III. Motivation

3.1 Please list below the four most important reasons (in order of importance) why you want (or wanted) to develop greater self-control:

1st most important _____

2nd most important _____

3rd most important _____

4th most important _____

3.2 Now please note the one most important area to you in which you would like to develop greater self-control. Please be as specific as possible.

3.2a. What are the reasons (in order of importance) you want to develop greater self-control in this area?

3.2b What happens if no change is made in that area: i.e., what are the consequences of not changing?

3.2c What are the positive benefits and advantages that can be gained from changing? What are your "incentives to succeed?"

Part III Motivation (con't)

3.3 Reviewing your responses in 3.2a--3.2b--and 3.2c, how strongly do you feel you want to make change in the area you stated in 3.2?

1	2	3	4
Very Much	Somewhat	Not very much	Not at all

3.3a How willing do you feel you are to learn and regularly practice "change" strategies?

1	2	3	4
Very willing	Somewhat willing	Not very willing	Not at all willing

3.4 Do you consider yourself to be a highly motivated person?

1	2	3	4
Very highly motivated	somewhat motivated	low level of motivation	not much motivation at all

Part IV Resistance: Possible Problem Areas in Trying to Change

A. Related to Motivation

4.1 What are the difficult times you see ahead if you do decide to make changes in the area you noted in 3.2?

4.2 Related to the above question, what are the potential problems or "stumbling blocks" you can foresee in your trying to develop greater self-control?

4.3 What "excuses" might you give to sabotage your own efforts to change? (i.e., ways you keep yourself from succeeding?)

Part IV (Con't)

4.4 What might be possible bad consequences if you do succeed in changing?

4B. Freedom Reflex (Willingness to learn from another)

4.5 Are you willing to be taught?

1	2	3	4
Strongly willing	Somewhat willing	Somewhat unwilling	Strongly unwilling

4.6 Do you like to be told what to do?

1	2	3	4
Strongly like	Somewhat like	Somewhat dislike	Strongly dislike

4.7 Do you feel out of control when choices are not your own?

1	2	3	4
Always	Sometimes	Seldom	Never

4.8 If someone tells you "the right way" to do something, how do you feel?

1	2	3	4
Very Bothered	Somewhat Bothered	Very little Bothered	Not at all Bothered

4.8a How do you respond?

4.9 How do you feel if you feel someone is trying to manipulate you?

1	2	3	4
Very annoyed	Somewhat annoyed	Very little annoyed	Not at all annoyed

4.10 What would your reaction be if someone said to you "You are not free"?

1	2	3	4
Very annoyed	Somewhat annoyed	Very little annoyed	Not at all annoyed

4.11 If someone tells you to do X will you automatically tense up and/or do Y?

1	2	3	4
Always	Sometimes	Seldom	Never

4.12 Do you feel resentful at having to "talk on demand"?

1	2	3	4
Always	Sometimes	Seldom	Never

4.13 Whether they are right or wrong, how do you feel when others criticize your work?

1	2	3	4
Angry	Somewhat annoyed	Not much annoyed	No problem

4.14 How easy is it for you to accept personal criticism?

1	2	3	4
Very easy	Somewhat easy	Somewhat difficult	Very difficult

4.15 Do you often feel trapped by the decisions you make?

1	2	3	4
Always	Sometimes	Seldom	Never

4.16 Are you pretty much always in control of events in your life?

1	2	3	4
Always	Sometimes	Seldom	Not at all

4C Responsibility

4.17 In your area of desired self-control (See 3.2) what aspects of it can you (are you) responsible for?

4.18 What aspects of the area are truly out of your control, and you cannot be responsible for?

4.18a Do you believe you can be responsible for your reactions to those aspects which are out of your control? Please comment:

4.18b Do you have difficulty accepting responsibility?

1	2	3	4
Very much	Somewhat	Very little	Not at all

Please elaborate:

For those of you without children, please skip questions 4.19 - 4.21 and go on to #5. For those of you with children please respond to 4.19 - 4.21.

4.19 Do you try to protect your children from illness?
1 2 3 4
Very much Somewhat Very little Not at all

4.20 Do you feel you can protect your children from illness?
1 2 3 4
Very much Somewhat Very little Not at all

4.21 Do you feel you can protect your children from death?
1 2 3 4
Very much Somewhat Very little Not at all

Please go on to Part Five, Next Page

Part V: Methods for Trying to Change

5.1 In actually trying to develop greater self-control, have you received any formal training/therapy in any particular self-control strategy (e.g., hypnosis, meditation, prayer, biofeedback, behavioral self-management, etc).

Yes No

If no, please go to 6 If yes, please go to 5.1a

5.1a Please list those strategies:

- 1. _____
- 2. _____
- 3. _____

5.1b For each technique you listed in 5.1a, please note in a few words the reason you selected the technique, and what you hoped to gain from it...

- 1. _____

- 2. _____

- 3. _____

5.1c Now, for each area listed in 5.1a, please note how long you continued to practice the technique; when you began the practice; if you still practice it; and if not, when you stopped

- 1. Started _____ Still Practice _____ Stopped _____
- 2. Started _____ Still Practice _____ Stopped _____
- 3. Started _____ Still Practice _____ Stopped _____

5.1d Approximately how long on the average did you (do you) practice this technique each day?

- 1. _____ 2. _____ 3. _____

Part V: Methods for Trying to Change (con't)

5.1e If you didn't (don't) practice this technique on a given day, what reason(s) did you (do you) give yourself for not practicing?

5.1f As best as you can remember, what do you (did you) say to yourself on a given day before you would begin to practice a given technique?

5.1g If you stopped using the technique completely, please note as specifically as possible why you stopped...

PART B: SPECIFIC AREAS

V1. Intimacy

6.1 Is intimacy with other human beings an important value for you?

5	4	3	2	1
Extremely Important	Somewhat Important	Neither important nor unimportant	Not very important	Not at all important

6.2 For you, what are the rewards and advantages that come from intimacy?

6.3 For you, what are the main problems and disadvantages of intimacy?

6.4 What are the main stumbling blocks that you feel keep you from developing increased intimacy?

1 _____

2 _____

3 _____

6.5 Using your own definition of intimacy, how many people would you say you are

very intimate with _____

intimate with _____ (do not include very intimates in this number)

6.5a Of the number of people that you are very intimate with, how many are _____ male _____ female

6.5b Of the number of people that you are intimate with, how many are _____ male _____ female

VI. Intimacy (con't)

6.6 How do you define intimacy?

6.7 What are the aspects of yourself that you feel might keep you from developing increased intimacy?

6.8 What are aspects of yourself that you feel facilitate your developing increased intimacy?

6.9 What is the longest length of time you have been in a committed relationship?

6.9a Is that relationship still ongoing? Yes No

6.10 What qualities do you look for in an intimate relationship?

1.(most important) _____

2.(second most important) _____

3.(third most important) _____

6.11 Is it important for you to have a few close friends?

1	2	3	4
Very important	Somewhat important	Very little important	Not at all important

6.12 In general, do you feel you need people?

1	2	3	4
Very much	Somewhat	Very little	Not at all

6.13 If yes, how do you feel about needing people?

1	2	3	4
Fine	Pretty good	A little bothered	Very bothered

6.14 If no, how do you feel about not needing people?

1	2	3	4
Fine	Pretty good	A little bothered	Very bothered

VI Intimacy (con't)

6.15 Do you fear being "trapped" by a relationship?

1	2	3	4
Very much	Somewhat	Very little	Not at all

6.16 In general, how would you describe the act of love making:
(check one:)

_____ someone makes love to you you make love to someone _____

VII Yielding/Acceptance

7.1 How do you feel about the image of your life as "footprints in the sand"?

1	2	3	4
Fine	Pretty good	A little bothered	Very bothered

7.2 Do you ever pray to a higher power to help you through one mere day?

1	2	3	4
Often	Sometimes	Seldom	Never

7.3 Do you often, when listening to music, let go and feel part of it?

1	2	3	4
Often	Sometimes	Seldom	Never

7.4 Do you ~~ever~~ feel yourself merging with nature, a lessening of self-other distinctions?

1	2	3	4
Often	Sometimes	Seldom	Never

7.5 Do you ever cry? (where, when, how often?) Please specify.

7.6 Do you ever share the deepest part of yourself with another?

1	2	3	4
Often	Sometimes	Seldom	Never

7.7 How easy is it for you to accept flaws in another?

1	2	3	4
Very easy	Somewhat easy	Not too easy	Not at all easy

Part VII Yielding (con't)

7.8 How easy is it for you to accept flaws in yourself?

1	2	3	4
Very easy	Somewhat easy	Not too easy	Not at all easy

7.9 To those with children: How will you feel when your children begin to spend more and more time with other friends, "outside" people?

1	2	3	4
Fine	Pretty good	A little bothered	Not at all bothered

7.10 Do you consider yourself a "jealous person"?

1	2	3	4
Yes, very	Yes, somewhat	No, not very	No, not at all

7.11 How much do you feel other people control your life?

1	2	3	4
Very much	Somewhat	Very little	Not at all

7.11a If you feel they control it "very much", how do you feel about that?

1	2	3	4
Very bothered	Somewhat bothered	A little bothered	Fine, no problem at all

7.12 Are you playful and spontaneous?

1	2	3	4
Always	Sometimes	Seldom	Not at all

VIII Overcontrol/loss of control

9.1 Is it hard for you to admit when you can't do something?
 1 2 3 4
 Very hard Somewhat Somewhat Very
 hard hard easy easy

9.2 Is it hard for you to admit when you need others' help?
 1 2 3 4
 Very hard Somewhat Somewhat Very
 hard hard easy easy

9.3 If you have more work to do than you can possibly get done in the allotted time, and your boss gives you another task, how do you respond?
 1 2 3
 Work harder Do a halfway job Quit

9.4 Once you can see the end of a project, how important is it for you to finish it?
 1 2 3 4
 Very Somewhat Not very Not at all
 important important important important

9.5 When you play a dice game, do you feel you can control the dice?
 1 2 3 4
 Often Sometimes Seldom Never

9.6 Do you expect perfection from others around you?
 1 2 3 4
 Often Sometimes Seldom Never

9.7 Do you expect perfection from yourself?
 1 2 3 4
 Often Sometimes Seldom Never

9.8 Do you fear death?
 1 2 3 4
 Very much Somewhat Very little Not at all

9.9 Given a choice, would you rather listen to a record or the radio?
 Record Radio

9.10 Do you have a fear of someone having power and authority over you?
 1 2 3 4
 Very much Somewhat Very little Not at all

8.11 Do you have trouble delegating responsibility?

1	2	3	4
Very difficult	Somewhat difficult	Somewhat easy	Very easy

8.12 In lovemaking do you find it difficult to let go?

1	2	3	4
Very difficult	Somewhat difficult	Somewhat easy	Very easy

8.13 Do you find it difficult to have orgasms?

1	2	3	4
Very difficult	Somewhat difficult	Somewhat easy	Very easy

8.14 Do you enjoy being tickled?

1	2	3	4
Always	Sometimes	Seldom	Never

8.15 Do you find that you "lose" yourself in nature?

1	2	3	4
Often	Sometimes	Seldom	Never

8.16 Do you find that you lose yourself in a book, in a movie, etc.?

1	2	3	4
Often	Sometimes	Seldom	Never

8.17 Once you make a decision, do you see it through in spite of obstacles or subsequent information?

1	2	3	4
Often	Sometimes	Seldom	Never

8.18 Do you fear loss of a job?

1	2	3	4
Very much	Somewhat	Very little	Not at all

8.19 Do you fear sickness?

1	2	3	4
Very much	Somewhat	Very little	Not at all

8.20 How do you feel when a car passes you on the freeway?

1	2	3	4
Angry	Somewhat annoyed	Not much annoyed	No Problem

- 8.21 In your close relationships, do you find it difficult to trust the other person?
- | | | | |
|----------------|--------------------|---------------|-----------|
| 1 | 2 | 3 | 4 |
| Very difficult | Somewhat difficult | Somewhat easy | Very easy |
- 8.22 Do you ever find yourself showing your power (control) for its own sake, e.g., show a child who's boss; a car on the road, etc.?
- | | | | |
|-------|-----------|--------|-------|
| 1 | 2 | 3 | 4 |
| Often | Sometimes | Seldom | Never |
- 8.23 Do you ever get so angry you lose total control of yourself?
- | | | | |
|-------|-----------|--------|-------|
| 1 | 2 | 3 | 4 |
| Often | Sometimes | Seldom | Never |
- 8.24 Do you ever feel like compulsively eating or drinking and cannot stop yourself?
- | | | | |
|-------|-----------|--------|-------|
| 1 | 2 | 3 | 4 |
| Often | Sometimes | Seldom | Never |
- 8.25 How do you feel taking medications? (pills)
- | | | | |
|---------------|-------------------|----------------------|---------------------|
| 1 | 2 | 3 | 4 |
| Very bothered | Somewhat bothered | Very little bothered | Not at all bothered |
- 8.26 Do you often feel rigid, inflexible?
- | | | | |
|-------|-----------|--------|-------|
| 1 | 2 | 3 | 4 |
| Often | Sometimes | Seldom | Never |
- 8.27 Do you ever feel immobilized, unsure how to act?
- | | | | |
|-------|-----------|--------|-------|
| 1 | 2 | 3 | 4 |
| Often | Sometimes | Seldom | Never |
- 8.28 How do you feel after you've yawned? Please comment
- 8.29 How do you feel after you've sneezed? Please comment
- 8.30 How do you feel while driving, when there's a large, slow-moving truck in front of you and you can't get around?
- | | | | |
|-----------------|---------------------|------------------------|------------|
| 1 | 2 | 3 | 4 |
| Very frustrated | Somewhat frustrated | Very little frustrated | No problem |
- 8.31 How do you (would you) feel about someone feeding you.
- | | | | |
|---------------|-------------------|----------------------|---------------------|
| 1 | 2 | 3 | 4 |
| Very bothered | Somewhat bothered | Very little bothered | Not at all bothered |

VIII Con't

8.32 Do you have a fear that if you ever expressed your anger, you would not be able to control yourself?

1	2	3	4
Very strongly fear	Somewhat fear	Fear a little bit	Do not at all fear

8.33 Do you fear being vulnerable to an intimate?

1	2	3	4
Very much	somewhat	A little	Not at all

8.34 How do you feel about aging (e.g., wrinkles, balding, greying, etc).
Please comment:

← look at
 response
 to some thing
 totally out
 of control
 or
 action
 4/1/82

IX. General Questions About Personal Style

9.1 What are things you do that give you a sense of competence?

- 1. _____
- 2. _____
- 3. _____

9.2 What are things that you do that give you a sense of incompetence?

- 1. _____
- 2. _____
- 3. _____

9.3 Many of us have had situations of personal tragedy in our lives--the death of a loved one, serious illness, break-up of an important relationship. If you feel comfortable sharing, please note in your opinion what you consider to be the three most important events of this nature in your life.

- 1. _____
- 2. _____
- 3. _____

9.3a Again, if you feel willing to share, please describe how you have/are dealing with those issues.

- 1. _____
- 2. _____
- 3. _____

9.4 In general, when faced with a problem or a concern, what is the first method or strategy you would use to try to deal with it?

- 1. _____

9.4a What are other methods you might also use, though not as frequently?

- 2. _____
- 3. _____

9.5 In general, when faced with a problem or concern, would you say you primarily try to use "reason" or logic to solve it?

- | | | | |
|--------|---------|-----------|-------|
| 1 | 2 | 3 | 4 |
| Always | Usually | Sometimes | Never |

IX. Personal Style (con't)

9.6 In general, when faced with a problem or concern, would you say you primarily use your "intuition" to solve it?

1	2	3	4
Always	Usually	Sometimes	Never

9.7 List three positive and three negative statements others might say about you:

Positive	Negative
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

9.7a Relook at those statements. Please rate how strongly you react to each. We are looking here for the strength of your response (regardless of whether it is positive or negative). Please put one of the following numbers to the right of the statement:

1	2	3	4
Very Strong Reaction	Somewhat strong	Somewhat mild reaction	Almost no reaction at all

9.8 How important is it for you to feel unique?

1	2	3	4
Very important	Somewhat important	Very little	Not at all

9.9 How critical are you about yourself ?

1	2	3	4
Very Much	Somewhat	Not too much	Not at all

9.9a How critical are you of your work?

1	2	3	4
Very	Somewhat	Not too much	Not at all

9.9b How critical are you of other people?

1	2	3	4
Very	Somewhat	Not too much	Not at all

IX. Personal Style (con't)

9.10 Imagine that you are talking on the telephone, and the line goes dead. You don't know why. In general, would you wait for the other person to call you back, or would you call the other person back?

wait _____ call back _____

9.11 Do you feel self-conscious when a person tells a story about you?
1 2 3 4
Always Sometimes Seldom Not at all

9.12 Do you feel an observer of events rather than part of them?
1 2 3 4
Always Sometimes Seldom Not at all

9.13 Do you fear being rejected?
1 2 3 4
Always Sometimes Seldom Not at all

9.14 How do you feel about having someone watch you while you work?
1 2 3 4
Very Somewhat Very little Not at all
bothered bothered bothered bothered

9.15 Do you fear "being too proud"?
1 2 3 4
Always Sometimes Seldom Not at all

9.16 How important is it for you to feel in control of events in your your life?
1 2 3 4
Very Somewhat Somewhat Not at all important
important important unimportant

THE END!!!!

Thank you for having the self-control to finish this test instrument!!

I personally believe that the information we are gathering about self-control is going to have a significant impact in improving the lives of many many individuals. Thank you for being willing to participate in that process.

Any feedback that you would be willing to share with me about the test instrument would be much appreciated. Were there questions that were hard for you to answer? that seemed "stupid"? that seemed too "Prying or personal"?

About how long did it take you to complete the test? _____

Any other reactions?