

SHAPIRO CONTROL INVENTORY

Modos o Formas de Control

ORIGINAL	SPANISH TRADUCTION	BACK TRANSLATION
<p>Below are words and phrases that may be used to describe an individual. Complete this section in 2 steps.</p> <p>Step 1 In the bubbles on the right of this column, mark how well each word or phrase describes you. Complete Step 1 before proceeding to Step 2.</p> <p>1= Describes me not well at all 2= Describes me moderately well 3= Describes me very well 4=Describes me extremely well</p> <p>After you have completed Step 1 continue with Step 2 as follows. Mark the bubble on the right of this column that best describes how you feel about each word or phrase</p> <p>A= I would like to be less like this B= I would like to stay the same C= I would like to be more like this</p> <p>I AM...</p>	<p>A continuación va a encontrar unas palabras o frases que pueden usarse para describir a una persona. Por favor rodee con un círculo el número que mejor le describa a Ud. utilizando la siguiente clave:</p> <p>1= No me describe nada en absoluto 2= Me describe moderadamente bien 3= Me describe muy bien 4= Me describe totalmente</p> <p>Asegúrese de contestar a todas las palabras. No olvide que esta información es confidencial y que no será utilizada con otro fin que no sea esta investigación de tesis doctoral. Tras este estudio, se destruirán.</p> <p>Imagínese, por ejemplo, que se encuentra con la palabra AVENTURERA. Ud. cree que su forma de ser y comportarse es bastante aventurera, que le gusta arriesgarse, pero que a veces esto le da un poco de miedo. Entonces, Ud. rodearía el 4 porque le describe bastante pero en algunas ocasiones Ud. no es tan aventurero.</p>	<p>Below you will find words or phrases that can be used to describe a person. Please, encircle the number that best describes you, based on the keys:</p> <p>1=It doesn't describe me notthing-all all (not at all) 2= It describes me quite well 3= It describes me very well 4= It describes me completely</p> <p>Make sure to answer all the questions. Do not forget that this information is confidential and that it will only be used as part of the Thesis, after which it will be destroyed.</p> <p>Imagine for example, that you have the word ADVENTURER. You believe that your behaviour is quite adventurous, you like the risk, even though sometimes you are a bit scared. Then, you would encircle number 4 due to the fact that it describes you quite accurate even though, sometimes you are not that adventurous.</p> <p>Make sure to answer all the questions. Do not forget that this information is confidential and that it will only be used as part of the Thesis, after which</p>

Después de que haya finalizado el **paso 1** continúe con el **paso dos**. Rodee con un círculo la frase o afirmación que mejor le describa.

Imagínese, por ejemplo, que se encuentra con la palabra AVENTURERA, piense sobre si le gustaría seguir siendo igual de aventurera o por lo contrario le gustaría cambiar. Si le gustaría ser más aventurera rodee

© Me gustaría ser más

A= Me gustaría **ser menos**

B= me gustaría **ser igual**

C= Me gustaría **ser más**

Recuerde que no hay respuestas buenas ni malas, sólo formas diferentes de reaccionar y de ser.

SOY UNA PERSONA ...

it will be destroyed.

Remember that there is no wrong or right, only different ways to react and be.

After finishing step 1 continue with step 2. Please encircle the sentence or statement that describes you.

Imagine for example that you find the word ADVENTURED, think if you would like to continue being adventurer or on the contrary you would like to change. If you prefer.

© I World like to be more

A= I would like **to be less**

B= I would like **to remain as I'm prefer**

C= I would like **to be more**

Remember that there are neither good nor bad answers, tre're there are only different ways of reacting and being.

SHAPIO CONTROL INVENTORY

Modes of Control

ORIGINAL	SPANISH TRADUCTION	BACK TRANSLATION
<p>Below are words and phrases that may be used to describes an individual. Complete this section in 2 steps.</p> <p>Step 1 In the bubbles on the right of this column, mark how well each word or phrase describes you. Complete Step 1 before proceeding to Step 2.</p>	<p>A continuación va a encontrar unas palabras o frases que pueden usarse para describir a un individuo. Por favor rodee con un círculo el número que mejor le describa a Ud. siguiendo la clave:</p> <p>1= No me describe nada en absoluto 2= Me describe poco 3= Me describe algo 4= Me describe bastante 5= Me describe totalmente</p> <p>Imagínese por ejemplo que se encuentra con la palabra AVENTURERO. Ud. cree que su forma de ser y comportarse es bastante aventurera, que le gusta arriesgarse, pero que a veces esto le da un poco de miedo. Entonces, Ud. rodearía el 4 porque le</p>	<p>Below you will find words or phrases that can be used to describe a person. Please, encircle the number that best describes you, based on the keys:</p> <ol style="list-style-type: none"> 1. it does not describe me a t all 2. it describes me a little 3. it sort of describes me 4. it is quite accurate 5. it is me <p><i>Rosa, I understand why you have a five point scale (adding item number 2); but we actually made it a four point scale on purpose (so they'd have to</i></p>

	<p>describe bastante pero en algunas ocasiones Ud. no es tan aventurero.</p> <p>Asegúrese de contestar a todas las palabras. No olvide que esta información es confidencial y que no será utilizada con otro fin que no sea esta investigación de tesis doctoral. Tras este estudio, se destruirán.</p> <p>Recuerde que no hay respuestas buenas ni malas, sólo formas diferentes de reaccionar y de ser.</p> <p style="text-align: center;"><u>SOY UNA PERSONA ...</u></p>	<p><i>four point scale on purpose (so they'd have to choose either doesn't describe them, or describes them moderately. To compare your results with other tests worldwide, it would be better to be consistent and have a four point scale. (But it's your call!)</i></p> <p>Imagine for example, that you have the word ADVENTURER. You believe that your behaviour is quite adventurous, you like the risk, even though sometimes you are a bit scared. Then, you would encircle number 4 due to the fact that it describes you quite accurate even though, sometimes you are not that adventurous.</p> <p>Make sure to answer all the questions. Do not forget that this information is confidential and that it will only be used as part of the Thesis, after which it will be destroyed. <i>This is good, but maybe it should go at the start of the test.</i></p> <p>Remember that there is no wrong or right, only different ways to react and be.</p> <p><u>I AM...</u> <u>ROSA, AS I NOTED IN THE COVER LETTER, WE CAN HELP YOU SCORE THESE FOR FREE ON THE COMPUTER, BUT YOU'LL NEED TO FOLLOW THE NUMBERING OF THE ORIGINAL IF YOU WANT US TO DO SO. ALSO, TO SCORE THEM AND COMPARE THEM WITH OTHER FOUR</u></p>
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		<u>QUADRANT INFORMATION, WE'LL NEED ALL 49 WORDS, NOT JUST 33 (THE DIFFERENCE IN TIME TO TAKE THOSE 16 WORDS IS ABOUT TWO MINUTES!) IF YOU'RE GOING TO SKIP ANYTHING, I'D RECOMMEND THE SECOND PART: IE., DO YOU WANT TO BE MORE, LESS, SAME (THOUGH IT WOULD BE GOOD TO HAVE IT TRANSLATED FOR THE VERSION AT CONTROLRESEARCH.NET, EVEN IF YOU DON'T USE IT. THANKS!</u>
	1. DECIDIDA, QUE ELIGE SIN DUDAR, SIN TITUBEAR .	1 <u>94</u> DECISIVE, WHO CHOOSE WITH NO DOUBTS, WITHOUT SECOND THOUGHTS
	2. DOCIL, APACIBLE, SOSEGADA	2 <u>133</u> CALM,
	3. IMPACIENTE, ANSIOSA, QUE NO SABE ESPERAR	<u>388</u> IMPACIENT, EAGER WHO CANNOT WAIT
	4. MANIPULABLE, QUE SE DEJA LLEVAR POR LOS DI	4 <u>98</u> EASY TO MANIPULATE, DEPENDENT ON OTHERS
	5. INVESTIGADORA, QUE BUSCA, EXPLORA, INDAC	5 <u>102</u> CURIOUS, WHO LIKES TO SEARCH, EXPLORE
	6. DE BUEN CONFORMAR, CAPAZ DE ADAPTACION AGUANTE	6 <u>108</u> EASY TO PLEASE, <u>ACCEPTING IS NOT REALLY CONFORMING, IT'S KIND OF adapting,</u>
	7. EGOISTA, CODICIOSA, INTERESADA	7 <u>93</u> SELFISH, <u>MEAN self centered not necessarily mean</u>
	8. ANCLADA EN EL PASADO, QUE VIVE DE RECUERD	8 LIVING ON THE MEMORIES OF THE PAST <u>113</u>
	9. CON INICIATIVA PROPIA, CAPAZ DE PONER MARCHA LO QUE PIENSO	9 <u>121</u> CONFIDENT, <u>ABLE TO WORK UPON MY THOUGHTS the second one is really a slightly different idea (you might work on them to be more assertive, OR more yielding, less</u>

		egotistical: ☺
	10. TRANQUILA, REPOSADA	10 <u>119</u> RELAXED,
	11. MANIPULADORA, QUE TODO LO DIRIGE Y MANI	11 <u>103</u> MANIPULATIVE,
	12. DEPENDIENTE, QUE ESTA BAJO LA PROTECCIO OTRA	12 <u>118</u> DEPENDENT
	13. BIEN ORGANIZADA, ORDENADA	13 <u>111</u> ORGANIZED,
	14. RELAJADA, CALMOSA	14 <u>rep of 2 and 10 above?</u> RELAXED, <u>what word was it in English?</u>
	15. NERVIOSA, EXCITABLE, IRRITABLE	15 <u>110</u> NERVOUS, BAD-TEMPERED <u>this is more stress than bad temper (that's possible, but not necessarily true)</u>
	16. DESCUIDADA, DESPREOCUPADA	16 CARELESS? <u>Not sure what word in English?</u>
	17. CON METAS CLARAS, QUE SABE A DONDE VA	17 <u>115?</u> FOCUSED, CLEAR ABOUT ONES OBJECTIVES <u>is this assertive? Self-staring 105?</u>
	18. PACIENTE, QUE SABE ESPERAR	18-181 <u>22</u> PACIENT, SOMEONE WHO CAN WAIT
	19. CONTROLADORA EN EXCESO, QUE TODA GOBIERNA Y DOMINA	19 <u>106</u> OVER MANIPULATIVE, <u>needing EVERYTHING IS to be KNOWN AND UNDERSTOOD</u>
	20. INDIFERENTE, INACTIVA	20 ? <u>what English word?</u> PASSIVE, INDIFFERENT ABOUT EVERYTHING
	21. QUE SABE HACER FRENTE A CUALQUIER DIFICU	21 ABLE TO FACE ANY ADVERSITY <u>what word?</u>
	22. RECEPTIVA, ABIERTA	22 <u>124</u> OPENMINDED
	23. CARGANTE, PESADA, MOLESTA	23 ANNOYING, <u>what English word?</u>
	24. RESUELTA, DETERMINADA	24 DETERMINED, <u>what English word?</u>
	25. TOLERANTE, FLEXIBLE, QUE ADMITE COSAS DISTINTAS	25 <u>136</u> TOLERANT, FLEXIBLE, OPEN TO OTHER IDEAS
	26. IMPULSIVA, TEMPERAMENTAL, FOGOSA	26 <u>128</u> IMPULSIVE, TEMPERAMENTAL

	27. RESPONSABLE, QUE SE HACE CARGO DE LO QUE Y DICE	27 <u>127</u> RESPONSIBLE, TAKE ONES WORDS SERIOUSLY
	28. SERENA, CALMADA, APACIGUADA	28 CALM, <u>rep? 2,10,14, what English word number?</u>
	29. CRITICONA, QUE MIRA EL LADO NEGATIVO	29 <u>130</u> CRITICAL, NEGATIVE
	30. EMPRENDEDORA, ACTIVA, QUE PONE LAS COSAS MARCHA	30 ACTIVE, ALWAYS LOOKING FOR NEW TARGETS, DYNAMIC <u>is this for English word initiating? 134?</u>
	31. OBSTACULIZADORA, QUE SIEMPRE PONE PEROS DIFICULTADES	31 NEGATIVE, THERE ARE ALWAYS OBSTACLES, SOMETHING WRONG <u>what English word?</u>
	32. PEREZOSA, VAGONETA	32 LAZY <u>what English word?</u>
	33. DESPISTADA, DISTRAIDA	33 FORGETFUL <u>what English word?</u>
	<u>33-34.</u>	<u>IT LOOKS TO ME LIKE THE WORDS NOT INCLUDED (OR I COULDN'T FIND, WHERE 89 RATIONAL; 90 INDECISIVE; 91 GENTLE; 92 INDEPENDENT; 95 SENSITIVE; 96 RELUCTANT TO CHANGE; 97 COMMUNICATING NEEDS; 99 LEADING; 100 LISTENING; 101 DEFENSIVE; 104 FLOWING; 105 SELF STARTING; 107 TIMID; 109 MAKING CONTACT; 115 ASSERTIVE; 116 TRUSTING; 117 DOGMATIC; 123 AGGRESSIVE; 125 RIGID; 126 YIELDING; 129 SOFT; ; 131 LOGICAL; 132 WITHHOLDING; 135 ATTENTIVE</u>

		<u>I AM ...</u>
88. Impatient	88. Impaciente	Impatient
89. Rational	89. Racional	Rational
90. Indecisive	90. Indecisa	Hesitant
91. Gentle	91. Amable	Nice
92. Independent	92. Independiente	Independent
93. Selfish	93. Egoista	Selfish
94. Decisive	94. Decidida	Determined
95. Sensitive	95. Sensible	Sensitive
96. Reluctant to change	96. Reacia al cambio	Reluctant to change
97. Communicating needs	97. Capaz de expresar mis necesidades	Able to express my needs
98. Manipulated	98. Manejable	Easily led

99. Leading	99. Líder	Leaded
100. Listening	100. Capaz de escuchar	Able to listen
101. Defensive	101. A la defensiva	On the defensive
102. Explorative	102. Que me gusta explorar	That I like to explore
103. Manipulating	103. Manipiladora	Manipulative
104. Flowing	104. Que deajo correr y fluir	Able to fos set ¿???
105. Self-starting	105. Con iniciativa propia	With her own initiative
106. Overcontrolling	106. Muy controladora	Very controller person
107. Timid	107. Tímida	Shy
108. Accepting	108. Que acepta	That accept things/people
109. Making contact	109. Que conecta/Sociable	Sociable
110. Tense	110. Tensa	Tense
111. Well-Organiced	111. Bien organizada	Well organized
112. Letting-go	112. Que deja que las cosas sigan su curso	Person who leave things go on? May be ok!
113. Past-oriented	113. Anclada en el pasado	Old-Fashioned
114. Purposeful	114. Con mis metas (decidida)	With my same aims/ Purposeful
115. Assertive	115. Asertiva, que dice lo que piensa	Asertive, I say what I think
116. Trusting	116. Digna de confianza	Reliable person
117. Dogmatic	117. Dogmática	Dogmatic
118. Dependent	118. Dependiente	Dependent
119. Relaxed	119. Tranquila	Quiet???
120. Pushy	120. Que presiona a los demás	Who put pressure on others people

121. Confident	121. Segura de sí misma	Sure of her self
122. Patient	122. Paciente	Patient
123. Aggressive	123. Agresiva	Aggressive
124. Receptive	124. Receptiva	Receptive
125. Rigid	125. Rígida	Strict
126. Yielding	126. Que cede	Yielding
127. Responsible	127. Responsable	Responsible
128. Impulsive	128. Impulsiva	Impulsive
129. Soft	129. Suave	Soft
130. Critical	130. Crítica	Critical person
131. Logical	131. Lógica	Logical
132. Withholding	132. Que aplaza las decisiones	Who put off decisions. <u>Not quite; more like not willing to give of oneself to others.</u>
133. Calm	133. Serena	Calm
134. Initiating	134. Activa	Active <u>in the sense of starting things</u>
135. Attentive	135. Atenta	Attentive
136. Open	136. Abierta	Open minded
137. Self-control	137. Con control de mí misma	Who has selfcontrol

121. Confident	121. Segura de sí misma	Sure of her self
122. Patient	122. Paciente	Patient
123. Aggressive	123. Agresiva	Aggressive
124. Receptive	124. Receptiva	Receptive
125. Rigid	125. Rígida	Strict
126. Yielding	126. Que cede	Yielding
127. Responsible	127. Responsable	Responsible
128. Impulsive	128. Impulsiva	Impulsive
129. Soft	129. Suave	Soft
130. Critical	130. Crítica	Critical person
131. Logical	131. Lógica	Logical
132. Withholding	132. Que aplaza las decisiones	Who put off decisions. <u>Not quite, more like not willing to give of oneself to others.</u>
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