

# INVENTORY of INTERPERSONAL SITUATIONS

## I.I.S.

Name: \_\_\_\_\_  
Date of birth: \_\_\_\_\_  
Sex: \_\_\_\_\_ male/female  
Achieved level of education: \_\_\_\_\_  
Date: \_\_\_\_\_

### Part 1. Discomfort

This inventory consists of a number of interpersonal situations. Please indicate the degree of DISCOMFORT you would experience in each of these situations. Use the following answer key:

1. no discomfort
2. a little discomfort
3. a fair amount of discomfort
4. much discomfort
5. very much discomfort

For example:

If you feel a FAIR amount of discomfort when you join a conversation of a small group of people, then circle figure 3 as follows:

1. Joining a conversation of a small group of people      1 2 3 4 5

Please complete the following inventory. Take your time when you work from one situation to the next. There are no right or wrong answers; it is rather your opinion that matters.

1. Joining a conversation of a small group of people 1 2 3 4 5
2. Telling a friend that he/she is doing something that bothers you 1 2 3 4 5
3. Resisting pressure to accept an offer (for example at the door, in the street) 1 2 3 4 5
4. Accepting a compliment for something you did 1 2 3 4 5
5. Asking a friend to help you with something 1 2 3 4 5
6. Requesting the return of something you have lent to someone 1 2 3 4 5
7. Turning down a request to lend someone money 1 2 3 4 5
8. Refusing a request from an authority figure (e.g. employer, superior, teacher) 1 2 3 4 5
9. Telling someone that you are pleased with what he/she did for you 1 2 3 4 5
10. Asking someone to stop bothering you in a public place (theater, subway) 1 2 3 4 5
11. Keeping eye contact during a conversation 1 2 3 4 5
12. Asking for information (at a window or booth) 1 2 3 4 5
13. Initiating a conversation with an attractive male or female 1 2 3 4 5
14. Expressing an opinion that differs from that of the person with whom you are talking 1 2 3 4 5
15. Initiating a conversation with a stranger 1 2 3 4 5
16. Expressing an opinion that differs from that of those around you 1 2 3 4 5
17. Complimenting someone for a job well done 1 2 3 4 5
18. Returning a defective item (for example, in a store or restaurant) 1 2 3 4 5
19. Asking for a further explanation about something you did not understand 1 2 3 4 5
20. Expressing your opinion in a conversation with a group of unfamiliar people 1 2 3 4 5
21. Telling someone that he/she offended you 1 2 3 4 5
22. Refusing a request from a person you like 1 2 3 4 5
23. Expressing your appreciation for a present 1 2 3 4 5
24. Telling someone that he/she is good looking 1 2 3 4 5
25. Discussing why someone seems to avoid you 1 2 3 4 5
26. Telling someone that you like it that he or she appreciates you 1 2 3 4 5
27. Agreeing with a compliment about your looks 1 2 3 4 5
28. Telling someone that you are pleased with something you did 1 2 3 4 5

- |     |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|
| 29. | Introducing yourself to someone   | 1 | 2 | 3 | 4 | 5 |
| 30. | Expressing your opinion of life   | 1 | 2 | 3 | 4 | 5 |
| 31. | Telling someone you no longer want to see him/her                                 | 1 | 2 | 3 | 4 | 5 |
| 32. | Insisting that someone contributes his/her share                                  | 1 | 2 | 3 | 4 | 5 |
| 33. | Telling someone that the way he/she is talking disturbs you                       | 1 | 2 | 3 | 4 | 5 |
| 34. | Expressing your opinion to an authority figure (e.g. employer, superior, teacher) | 1 | 2 | 3 | 4 | 5 |
| 35. | Asking a friend to go out with you  | 1 | 2 | 3 | 4 | 5 |

**Please check if you marked all situations**

## Part 2. Frequency of occurrence

In this part you will find the same 35 interpersonal situations as described in part 1. This time you are to indicate HOW OFTEN you behave as described in the situations. Use the following answers:

1. I never do
2. I seldom do
3. I sometimes do
4. I often do
5. I always do

For example:

If you NEVER are joining a conversation of a small group of people, you circle number 1 as follows:

1. Joining a conversation of a small group of people      1 2 3 4 5

One by one you complete the list of interpersonal situations, taking your time. Again there are no right or wrong answers; it only matters what you think you would do.

Take your time to complete part 2.

none  
a little  
a fair amount  
much  
very much

never  
seldom  
sometimes  
often  
always

none  
a little  
a fair amount  
much  
very much

never  
seldom  
sometimes  
often  
always

none  
a little  
a fair amount  
much  
very much

never  
seldom  
sometimes  
often  
always

none  
a little  
a fair amount  
much  
very much

never  
seldom  
sometimes  
often  
always