

CAPP Self-Report, Version 1

Name/ID: _____ Age: _____ Gender: _____ Date: _____

Directions: This questionnaire contains statements that different people might use to describe themselves. For each statement, select the choice that describes you best. There are no right or wrong answers; just choose the answer that best describes you.		False	Mostly False	Mostly True	True
1	I often tell people what I think they want to hear.	1	2	3	4
2	I am a stubborn person.	1	2	3	4
3	I would hate to hurt another person's feelings.	1	2	3	4
4	I intimidate others around if needed.	1	2	3	4
5	Some people probably find me a bit unpleasant, but I don't care.	1	2	3	4
6	I am usually relaxed and confident in a group of strangers.	1	2	3	4
7	I find it hard to back down from an argument even if I'm losing.	1	2	3	4
8	I am easily distractible.	1	2	3	4
9	I resent people in positions of authority.	1	2	3	4
10	I can go on and on with stories just to "wow" people.	1	2	3	4
11	I often feel cheerful.	1	2	3	4
12	I frequently try to assume a leadership position.	1	2	3	4
13	I often act without thinking.	1	2	3	4
14	I have no difficulty keeping focused on a task .	1	2	3	4
15	I often get into trouble for not planning ahead .	1	2	3	4
16	It doesn't take much for me to "fly off the handle".	1	2	3	4
17	I take lots of risks.	1	2	3	4
18	It is often difficult for me to pay attention to things .	1	2	3	4
19	My view of myself as a person is quite stable.	1	2	3	4
20	I prefer to be in charge.	1	2	3	4
21	At times I have used "big words" to sound intelligent.	1	2	3	4
22	I have special qualities.	1	2	3	4
23	I am usually calm in situations that others find stressful.	1	2	3	4
24	I admit, I am difficult to control.	1	2	3	4
25	I get irritated very easily.	1	2	3	4
26	I am mostly just interested in things that apply to me.	1	2	3	4
27	I have no problem being violent with others if the situation calls for it.	1	2	3	4
28	People have described me as a loner.	1	2	3	4
29	I often find socializing with others annoying or unpleasant.	1	2	3	4
30	I can be quite slick.	1	2	3	4
31	Let's face it, I'm pretty good at lying.	1	2	3	4
32	I am usually full of optimism.	1	2	3	4
33	I am often described as a kind person.	1	2	3	4
34	Most people think that I am superior to them.	1	2	3	4
35	I make a point to keep my promises.	1	2	3	4
36	People often complain that I can't sit still.	1	2	3	4
37	I seem to argue with others for no reason.	1	2	3	4
38	I often find that I have to be quite assertive in getting what I deserve.	1	2	3	4
39	Being unfaithful doesn't trouble me.	1	2	3	4
40	Others have told me that I refuse to accept responsibility for my actions.	1	2	3	4
41	I am (or, will one day be) very famous.	1	2	3	4
42	Being vague is often a good tactic.	1	2	3	4
43	I feel bad when I do something wrong.	1	2	3	4
44	I can easily relate to other people's feelings.	1	2	3	4
45	I have a difficult time sitting still for long periods.	1	2	3	4
46	People who do not agree with me are idiots.	1	2	3	4
47	I say I will do things but rarely follow through.	1	2	3	4
48	Being close to others is very important to me.	1	2	3	4

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		False	Mostly False	Mostly True	True
49	I use violence to control others.	1	2	3	4
50	I am a very important person.	1	2	3	4
51	I think life is full of satisfying things.	1	2	3	4
52	Very few things scare me.	1	2	3	4
53	I frequently find myself in arguments with others.	1	2	3	4
54	Most people are generally losers.	1	2	3	4
55	I get bored easily and lose focus.	1	2	3	4
56	I often get bored or zone out if a conversation doesn't focus on me or my interests.	1	2	3	4
57	To be honest, I don't really care about other people's opinions.	1	2	3	4
58	I have been called thoughtless before.	1	2	3	4
59	I often end up paying for other people's mistakes.	1	2	3	4
60	I believe I can meet almost any challenge and prevail.	1	2	3	4
61	I would feel no guilt if my words or actions caused someone else to get upset.	1	2	3	4
62	I plan things out carefully.	1	2	3	4
63	I often wonder who I am.	1	2	3	4
64	I deserve special treatment.	1	2	3	4
65	I quickly lose interest in tasks I have started.	1	2	3	4
66	I might be perceived as demanding, but I am also deserving.	1	2	3	4
67	I think telling the truth is the best policy.	1	2	3	4
68	I get blamed for too many things that go wrong.	1	2	3	4
69	I just don't feel very strongly for other people.	1	2	3	4
70	I keep commitments I have made.	1	2	3	4
71	Others often call me lazy.	1	2	3	4
72	Watching others in pain doesn't really bother me.	1	2	3	4
73	I tend to flood people with information just to give the impression of being cooperative.	1	2	3	4
74	Unless they are of use to me, I don't keep the same friends for very long.	1	2	3	4
75	I usually feel justified in hurting others because they will have deserved it.	1	2	3	4
76	It is important to follow rules.	1	2	3	4
77	I have made many hasty decisions without thinking them through.	1	2	3	4
78	I rarely fail.	1	2	3	4
79	Other people are mostly in my way.	1	2	3	4
80	I don't mind taking advantage of others to reach my goals.	1	2	3	4
81	Others generally view me as a considerate person.	1	2	3	4
82	It is sometimes necessary to exploit others to get ahead in life.	1	2	3	4
83	Others seem to think that I am not emotionally expressive.	1	2	3	4
84	I am a bit "fidgety".	1	2	3	4
85	I am an organized person.	1	2	3	4
86	Others seem frustrated with me because they think I am rigid or inflexible.	1	2	3	4
87	Most people are envious of my abilities.	1	2	3	4
88	People tend to find my moods unpredictable.	1	2	3	4
89	It is usually best if others just do what I tell them to do.	1	2	3	4
90	I can't shake the feeling that I am lacking something of importance within myself.	1	2	3	4
91	I am not afraid to take risks.	1	2	3	4
92	It is healthy to trust people.	1	2	3	4
93	With the exception of anger, I have never been one to express emotions.	1	2	3	4
94	Lying doesn't bother me.	1	2	3	4

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		False	Mostly False	Mostly True	True
95	I don't trust anyone.	1	2	3	4
96	Sometimes it is frankly necessary to manipulate others to achieve something.	1	2	3	4
97	I feel little or no loyalty to others.	1	2	3	4
98	When compared to others, I tend to stand out.	1	2	3	4
99	I always keep an eye out for what others might do to me.	1	2	3	4