

## RQ TEST

### INSTRUCTIONS:

Please complete the following fifty-six item RQ Test. Do not spend too much time on any one item; it should take you only about ten minutes.

Please rate each item for how true it is of you, using the following scale:

- 1 = not at all true of me
- 2 = sometimes or somewhat true of me
- 3 = moderately true of me
- 4 = usually true of me
- 5 = very true of me

1. When trying to solve a problem, I trust my instincts and go with the first solution that occurs to me.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

2. Even if I plan ahead for a discussion with my boss, a coworker, my spouse, or my child, I still find myself acting emotionally.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

3. I worry about my future health.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

4. I am good at shutting out anything that distracts me from the task at hand.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

5. If my first solution doesn't work, I am able to go back and continue trying different solutions until I find one that does work.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

6. I am curious.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

7. I am unable to harness positive emotions to help me focus on a task.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

8. I am the kind of person who likes to try new things.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

9. I would rather do something at which I feel confident and relaxed than something that is quite challenging and difficult.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

10. By looking at their facial expressions, I recognize the emotions people are experiencing.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

11. I give in to the urge to give up when things go wrong.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

12. When a problem arises, I come up with a lot of possible solutions before trying to solve it.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

13. I can control the way I feel when things go wrong.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

14. What other people think about me does not influence my behavior.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

15. When a problem occurs, I am aware of the first thoughts that pop into my head about it.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

16. I feel most comfortable in situations in which I am not the only one responsible.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

17. I prefer situations where I can depend on someone else's ability rather than my own.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

18. I believe that it is better to believe problems are controllable, even if that is not always true.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

19. When a problem arises, I think carefully about what caused it before attempting to solve it.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

20. I have doubts about my ability to solve problems at work or at home.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

21. I don't spend time thinking about factors that are out of my control.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

22. I enjoy doing simple routine tasks that do not change.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

23. I get carried away by my feelings.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

24. It is difficult for me to understand why people feel the way they do.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

25. I am good at identifying what I am thinking and how it affects my mood.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

26. If someone does something that upsets me, I am able to wait until an appropriate time when I have calmed down to discuss it.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

27. When someone overreacts to a problem, I think it is usually because they are just in a bad mood that day.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

28. I expect that I will do well on most things.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

29. People often seek me out to help them figure out problems.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

30. I feel at a loss to understand why people react the way they do.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

31. My emotions affect my ability to focus on what I need to get done at home, school or work.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

32. Hard work always pays off.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

33. After completing a task, I worry that it will be negatively evaluated.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

34. If someone is sad, angry, or embarrassed, I have a good idea what he or she may be thinking.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

35. I don't like new challenges.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

36. I don't plan ahead in my job, schoolwork, or finances.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

37. If a colleague is upset, I have a pretty good idea why.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

38. I prefer doing things spontaneously rather than planning ahead, even if it means it doesn't turn out as well.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

39. I believe most problems are caused by circumstances beyond my control.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

40. I look at challenges as a way to learn and improve myself.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

41. I've been told I misinterpret events and situations.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

42. If someone is upset with me, I listen to what they have to say before reacting.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

43. When asked to think about my future, I find it hard to imagine myself as a success.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

44. I've been told that I jump to conclusions when problems arise.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

45. I am uncomfortable when meeting new people.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

46. It is easy for me to get “lost” in a book or movie.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

47. I believe the old adage, “an ounce of prevention is worth a pound of cure.”

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

48. In most situations, I believe I’m good at identifying the true causes of problems.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

49. I believe that I have good coping skills and that I respond well to most challenges.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

50. My significant other and/or close friends tell me that I don’t understand them.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

51. I am most comfortable in my established routines.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

52. I think it’s important to solve problems as quickly as possible, even if that means sacrificing a full understanding of the problem.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

53. When faced with a difficult situation, I am confident that it will go well.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

54. My colleagues and friends tell me I don’t listen to what they say.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

55. If I decide I want something, I go out and buy it right away.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)

56. When I discuss a “hot” topic with a colleague or family member, I am able to keep my emotions in check.

(NOT AT ALL TRUE)      1      2      3      4      5      (VERY TRUE OF ME)