

### Trust Self-Diagnosis Scale

*Instruction:* In front of each of the following items, place the letter that corresponds to your degree of agreement or disagreement with that statement.

**SD** = strongly disagree   **D** = disagree   **A** = agree   **SA** = strongly agree

#### **Scale 1**

- \_\_\_\_\_ 1. I feel that no matter what I might do, people generally would accept and understand me.
- \_\_\_\_\_ 2. I feel that I am usually a very cautious person.
- \_\_\_\_\_ 3. I usually trust people that I meet.
- \_\_\_\_\_ 4. If I left most groups I belong to, they would miss me very little
- \_\_\_\_\_ 5. I almost always feel very good about myself as a person.
- \_\_\_\_\_ 6. My relationships with most people are impersonal.
- \_\_\_\_\_ 7. I feel like a unique person and I like being unique.
- \_\_\_\_\_ 8. I often don't feel very good about myself.
- \_\_\_\_\_ 9. The groups that I associate with see me as an important group member.
- \_\_\_\_\_ 10. I often don't feel very genuine and real when I'm with people.
- \_\_\_\_\_ 11. I care very much for the people I associate with.
- \_\_\_\_\_ 12. I often feel defensive.

#### **Scale 2**

- \_\_\_\_\_ 1. Most people tend to trust each other.
- \_\_\_\_\_ 2. Most people in life are more interested in getting things done than in caring for each other as individuals.
- \_\_\_\_\_ 3. People that I meet usually seem to know who they are; they have a real sense of being individuals.
- \_\_\_\_\_ 4. Most persons I meet are playing roles and not being themselves.
- \_\_\_\_\_ 5. People in the groups I belong to seem to care very much for each other as individuals.
- \_\_\_\_\_ 6. Most people I know seem to play definite and clear roles and to be respected on the basis of how well they perform the roles.
- \_\_\_\_\_ 7. People usually have a high opinion of my contributions to the groups I'm in and the conversations I have.
- \_\_\_\_\_ 8. I feel a sense of interconnectedness with the people I associate with and would miss anyone who left my circle of friends and associates.
- \_\_\_\_\_ 9. People usually listen to the things that I say.
- \_\_\_\_\_ 10. It seems to me that most people live in fear.
- \_\_\_\_\_ 11. In the groups I belong to, people treat others as important and significant people.
- \_\_\_\_\_ 12. In the groups I belong to it is easy to see who is important and who is unimportant.

### **Trust Self-Diagnosis Scale Score Sheet**

*Instructions:* On the Score Sheet, circle your response for each item according to whether you marked "Strongly Disagree," "Disagree," etc. Then sum the items scores for both of the scales.

**Scale 1: My level of trust of myself in the world**

	<i>Item Score</i>			
<b>Item</b>	<b>SD</b>	<b>D</b>	<b>A</b>	<b>SA</b>
1.	0	1	2	3
2.	3	2	1	0
3.	0	1	2	3
4.	3	2	1	0
5.	0	1	2	3
6.	3	2	1	0
7.	0	1	2	3
8.	3	2	1	0
9.	0	1	2	3
10.	3	2	1	0
11.	0	1	2	3
12.	3	2	1	0

A person who scores *high* on this set of items is saying:

“I trust myself, have a fairly well-formed sense of my own being and uniqueness, and feel good about myself as a person. I am trustworthy.”

A person who scores *low* on this set of items is saying:

“I feel less trusting of myself, have a less well-formed sense of my own being and my uniqueness, and feel less well about myself as a person. I am unsure of my trustworthiness.”

**Scale 1: My level of trust of others in the world**

	<i>Item Score</i>			
<b>Item</b>	<b>SD</b>	<b>D</b>	<b>A</b>	<b>SA</b>
1.	0	1	2	3
2.	3	2	1	0
3.	0	1	2	3
4.	3	2	1	0
5.	0	1	2	3
6.	3	2	1	0
7.	0	1	2	3
8.	3	2	1	0
9.	0	1	2	3
10.	3	2	1	0
11.	0	1	2	3
12.	3	2	1	0

A person who scores *high* on this set of items is saying:

“I tend to see people as trusting, as trustworthy, and as providing a good environment for me to live and work in.”

A person who scores *low* on this set of items is saying:

“I tend to see people as untrusting and untrustworthy, as impersonal and focused on their role, and as providing a somewhat threatening and defense-producing environment for me and for others.”

*This instrument adapted from the TORI Self-Diagnosis Scale in Jack Gibb, Trust: A new view of personal and organizational development, Los Angeles, Guild of Tutors Press, 1978.*