

		Nearly always true	Quite often true	Some- times true	Rarely true
1	My voice tries to get the better of me	3	2	1	0
2	My voice makes me feel useless	3	2	1	0
3	My voice tries to make me out to be stupid	3	2	1	0
4	My voice wants things done his/ her way	3	2	1	0
5	My voice makes hurtful remarks to me	3	2	1	0
6	My voice constantly reminds me of my failings	3	2	1	0
7	My voice does not give me credit for the good things I do	3	2	1	0

The power rating for my voice is ___ /21

		Nearly always true	Quite often true	Some- times true	Rarely true
1	My voice finds it hard to allow me to have time away from him/her	3	2	1	0
2	My voice dislikes spending time on his/her own	3	2	1	0
3	My voice tries to accompany me when I go out	3	2	1	0
4	My voice dislikes it when I exclude him/her by showing an interest in other people	3	2	1	0
5	My voice does not let me have time to myself	3	2	1	0

The closeness rating for my voice is ____ /15