

PERSONAL APPROACH SCALE

LEVELS OF SCORING

Level 0

The sentence contains no real personal content and has no personal verbs (a p-verb indicates an active personal stance on an issue, object, or topic.) Examples of impersonal or Level 0 sentences are:

1. He is lazy.
2. She is friendly.
3. He drinks too much.
4. She is childish.
5. He sleeps all the time.
6. She is intelligent.
7. He is active in politics.
8. He borrows money and never repays it.
9. She has bad health.
10. She is a loving mother.

Level 1

The sentence is borderline between Level 0 and Level 2. This may be because: (a) there is a negative p-verb or negated p-content. (b) The sentence may be half personal, half impersonal and each part seems to weigh equally in the overall meaning of the sentence. (c) The sentence may be very trite --telling essentially nothing about this particular person. (d) The sentence may describe a static or totally general state of existence which doesn't really tell anything explicit about the person although it might have personal implications. Examples of Level 1 sentences are:

- a.
 1. He does not like to be dominated by someone.
 2. She dislikes women who wear curlers on the street.
 3. He is unconcerned about what most people think of him.
 4. He doesn't prejudge people.
- b.
 1. He is a housing contractor – likes to see a job well done.
 2. She is a hard worker and always tries to do her best.
- c.
 1. She likes pizza.

2. He enjoys nice things.
- d.
1. He's thoughtful and understanding.
 2. She is sentimental and has a warm heart.

Level 2

The sentence contains a p-verb elaborated by a clear object that is not trite. However, the sentence doesn't give a very distinct picture of the person and could have been written about "anybody". Generally the sentence tells nothing of significance and is only minimally personal. Examples of Level 2 sentences are:

1. She loves to listen to music.
2. He wants to be the center of attention.
3. He likes older women.
4. He enjoys walks in the woods.
5. She is proud of her long hair.
6. She believes in God.
7. He is interested in improving himself.
8. He cares about others.
9. His religion is important to him.
10. She tries to make me happy.
11. He is eager to please people.
12. He's concerned about the ones he loves.
13. He's confused about his future.
14. She worries a lot.
15. She needs companionship
16. She has high moral values.

Level 3

The sentence is more distinctive and elaborate than Level 2 and is more individually defined and descriptive. It lacks, however, elaboration using additional strong personal material as would a Level 4 sentence. Examples of Level 3 sentences are:

1. He resents his father because he beat his mother.
2. She desires attention and wants to be loved.
3. She also has fears and needs to be loved.
4. He likes to do things for people but resents it when people take advantage of him.
5. He wants to be accepted in his group
6. She is able to love and be loved.

7. She is genuine in her feelings for others.
8. He keeps his emotions inside much of the time.
9. He wants to be approved by others
10. He likes responsibility and a feeling of accomplishment.
11. She wants to be approved by others.
12. He is hurt easily but doesn't like to show it.
13. Her life ambition is to be a good wife and mother.
14. He wants to be on his own for awhile and to become self-sufficient.
15. She is overweight and this is her greatest sense of inferiority.

Level 4

The sentence has significant personal content this is discriminating and distinctive, often elaborated by additional personal material which may show insight into the original p-content. The sentence gives a clear, in-depth picture about some significant aspect of the individual. In the Level 4 sentences often p-content is placed in the content of higher-order p-content, (i.e. P about P). Examples of Level 4 sentences are:

1. He wants to love and be loved but is afraid he will be hurt again
2. She feels a great responsibility toward her younger brother and sister because she is afraid they will feel neglected as she did.
3. She was greatly affected by her father's death and feels guilty About it because she never loved him.
4. She is very dedicated to her boyfriend but tries to hide these feelings even from herself because of her feelings of inferiority.