



Approach to Life A

FORM CODE: ISL
VERSION A 08/08/2000

ID NUMBER:

CONTACT YEAR:

LAST NAME:

INITIALS:

INSTRUCTIONS: This scale is made up of a list of statements, each of which may or may not be true about you. For each statement, circle 1 for “Definitely True” if you are sure it is true about you, and 2 for “Probably True” if you think it is true but are not absolutely certain. Similarly, you should circle 4 for “Definitely False” if you are sure the statement is false, and 3 for “Probably False” if you think it is false but are not absolutely certain.

Definitely True	Probably True	Probably False	Definitely False
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|--|---|---|---|---|
| 1. Most of my friends are more interesting than I am..... | 1 | 2 | 3 | 4 |
| 2. When I feel lonely, there are several people I can talk to..... | 1 | 2 | 3 | 4 |

Definitely True	Probably True	Probably False	Definitely False
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|---|---|---|---|---|
| 3. I often meet or talk with family or friends..... | 1 | 2 | 3 | 4 |
| 4. I feel like I'm not always included by my circle of friends..... | 1 | 2 | 3 | 4 |
| 5. There really is no one who can give me an objective view of how I'm handling my problems..... | 1 | 2 | 3 | 4 |
| 6. If I were sick and needed someone (friend, family member, or acquaintance) to take me to the doctor, I would have trouble finding someone..... | 1 | 2 | 3 | 4 |
| 7. If I were sick, I could easily find someone to help me with my daily chores..... | 1 | 2 | 3 | 4 |

Definitely True	Probably True	Probably False	Definitely False
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|---|---|---|---|---|
| 8. When I need suggestions on how to deal with a personal problem, I know someone I can turn to..... | 1 | 2 | 3 | 4 |
| 9. I don't often get invited to do things with others..... | 1 | 2 | 3 | 4 |
| 10. Most of my friends are more successful at making changes in their lives than I am..... | 1 | 2 | 3 | 4 |
| 11. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.) | 1 | 2 | 3 | 4 |
| 12. There is really no one I can trust to give me good financial advice..... | 1 | 2 | 3 | 4 |

Definitely True	Probably True	Probably False	Definitely False
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13. I am more satisfied with my life than most people are with theirs..... 1 2 3 4
14. It would be difficult to find someone who would lend me their car for a few hours..... 1 2 3 4
15. There is at least one person I know whose advice I really trust..... 1 2 3 4
16. I have a hard time keeping pace with my friends..... 1 2 3 4

FOR ADMINISTRATIVE USE ONLY

17. Date:

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m	m		d	d		y	y	y	y

18. Administration (A,B,C,D)

19. Code

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