

SBI – 5.1

Name _____ Age _____ year sex male female Date _____

code **□□□-□□□**

Please read the following statements and check mark in a box that best describes your character. Please choose only **one** best answer for you

A	B	C	D	E	F	G	H	I	J
Keeping promises	Diligence	Decision making	When someone ask me for help...	Moral virtues*	Concentration / meditation	When I encounter disappointment / am being provoked.	When I encounter losses / separations.....	Targets setting / life goals	When I encounter people who are in trouble...
<input type="checkbox"/> It is difficult for me to keep promises.	<input type="checkbox"/> I do not think that I am diligent person at all.	<input type="checkbox"/> I am often impulsive. I make decisions without thinking them through.	<input type="checkbox"/> I usually do not offer help because I think everyone should help himself or herself.	<input type="checkbox"/> I never thought to follow the Moral virtues.	<input type="checkbox"/> I rarely meditate or I have never properly meditated before.	<input type="checkbox"/> Sometimes I react with physical violence.	<input type="checkbox"/> Normally I cannot get over them. I once tried to kill myself or was brought to the hospital.	<input type="checkbox"/> I have never had any goal in my life.	<input type="checkbox"/> Frankly, I feel nothing about it. I think that is the way it is.
<input type="checkbox"/> I can keep promises but it depends on to whom, opportunities or situations.	<input type="checkbox"/> Sometimes I am diligent; sometimes I am lazy, depending on my mood.	<input type="checkbox"/> Sometimes I think through my decisions but not very often.	<input type="checkbox"/> I will consider whether to help them or not.	<input type="checkbox"/> It is difficult for me to follow all the Moral virtues.	<input type="checkbox"/> I try to meditate in some occasions.	<input type="checkbox"/> I do not use physical violence, but I will express my feelings through my facial, gestural and verbal expression.	<input type="checkbox"/> It is very difficult for me to get over them, resulting in physical and mental symptoms but not so serious that I need to go to hospitals.	<input type="checkbox"/> I have thought about my life goals, but am never serious about them.	<input type="checkbox"/> I feel sympathetic for them but not always.
<input type="checkbox"/> I often keep promises for the important matters or matters with huge impact.	<input type="checkbox"/> Most of the time I am diligent, but sometime I am not	<input type="checkbox"/> I often think through my decisions before I carry them out but not always.	<input type="checkbox"/> I will help them just to keep them away from bothering me again.	<input type="checkbox"/> I intend to follow the Moral virtues but sometimes I cannot.	<input type="checkbox"/> I often meditate but not every day.	<input type="checkbox"/> I do not use physical and verbal violence, but facial, or gestural.	<input type="checkbox"/> It is difficult and takes a long time for me to get over them.	<input type="checkbox"/> I have my life goals and I set specific targets in some occasions.	<input type="checkbox"/> I always feel sympathetic for them if they are persons I know.
<input type="checkbox"/> I regularly keep promises even for the trivial matters or matters with minimal impact.	<input type="checkbox"/> I think I am diligent and hardworking in the line of duty or assigned work.	<input type="checkbox"/> I think through my decisions before I carry them out most of the time.	<input type="checkbox"/> I usually offer help them if I could and if they are within my capabilities.	<input type="checkbox"/> I can follow the Moral virtues but I break them once in a long while.	<input type="checkbox"/> I meditate every day, at a certain time.	<input type="checkbox"/> I do not express verbally and try to make my facial expression appear normal even though I feel tense inside.	<input type="checkbox"/> It takes some time for me to get over them but no later than others.	<input type="checkbox"/> I have my life goals and I set targets for most things that I do.	<input type="checkbox"/> I always feel sympathetic for everyone even if I do not know him or her.
<input type="checkbox"/> When I have kept promises, I will ensure that I do what I promised even if it affects me.	<input type="checkbox"/> I think I am diligent, hardworking and do extra work.	<input type="checkbox"/> I always think through my decisions every time before I carry them out.	<input type="checkbox"/> I always offer help if they are beyond my capabilities, I will try to find some other alternatives for them.	<input type="checkbox"/> I always follow the Moral virtues. As I can remember, I have never broken them before.	<input type="checkbox"/> I meditate every day, at a certain time including some other time available.	<input type="checkbox"/> I try to make my facial and verbal expressions appear normal so that everything can carry on as it should be.	<input type="checkbox"/> I can get over them in sooner time compared with others.	<input type="checkbox"/> I have my life goals and I set targets for everything that I do.	<input type="checkbox"/> I always feel sympathetic for everyone even if I do not like him or her.

* Moral virtues include 1) to abstain from killing 2) to abstain from stealing 3) to abstain from sexual misconduct 4) to abstain from telling bad-intentioned lies 5) to abstain from intoxicants such as alcohol and addictive drugs