

5XQQLQJ KHDG \*\$7(2\$)\$,1/, \*(1'(5

'R \*UHHN \$IILOLDWLRQ DQG \*HQQGHU BQGGHFW'HSRUHXSISR

5DFKDHO 5LGJZD\

6WRFNWRQ 8QLYHUVLW\

3URMHFW IRU 'LVWLQFWLRQ

\$GYLVRUV &RQVHGHQD\GD KU'DYLG /HVWHU

\* 5((. \$)),/, \$7,21 \$1' \*(1'(5









\*5((. \$)),/, \$7,21 \$1' \*(1'(5

LQFLGHQW \*UHHNRXVQ GWRQ WR QZHXPH VPRR VHDZKFR ZRHO HWQBW \*  
7XUQHU /DULPHU 7KHUZHVRHQ DOVGRUUE SRURVHHGI WHRT XHQWOV  
QHJDWLYH FRQVHRTKXHQ EHHO DWRFG DEHEKDYG RXU/H R K IDO ERKRO D  
SUREOHPV DVVRF LEHWHQGOZLQNKRGWVWVYUQ DOXKHQFHV DV ZHOO  
SUHV VXUH ZLWKUQ GWKRFLHWHN \$ORWVGH Z DLQ UHXHQV FHR QVKLS  
SDUHQWV 7KRVH ZKQ HJH SRVUWIFBMOGHRUF KD OG FRQIOLFW ZH  
KDYH JUHDWHU DORFKRQOHUHDV ZHGHKFBQVXIGJHVM VOZKRYOV R  
FRQIOLFW DW WOXHJHQ ZHDQ FHO RBJRKLQ GHYRI QV SR LGV SKUHV  
EHOLHYHG WR FRQWVPEIXQWHOMD GSRQJ VDRM KRH DDFR KRO FRO  
KDV EHHQ FRQFOXGHGHW B DWR WK HDWVK HLOHQXILQRFQGH QWDO Q  
6KHOGRRQ HW DO KROBVLFHQOOGD MVS DNV V K7X B QWU DU\ RO  
VWXG\ IRFXVLQJ RQ SUHJDPLQJ DFWRLY QVWH VUFRKQ G WDKVXW  
OHUULO %\WVFKNR ZWXGHQVXZJLPHIRXQ B WIRDSURWKHU  
UHJDUGOHVV RI DIHNOQ BWWRHQ ZGWHB DVHRWR X7QG VQRVXLJQLILF  
GLIIHUHQFHV LOXHEFDURG VG WLRQ NLHQ QNDLGGJ HSPVRQJG\*LFHGUN DQG  
\*UHHN VWXGHQVKH\ ,QRX B GHW KDQ JLOQKL QWILQFV GSHQWG QRR  
VOLJKWO\ PRUH RQHBNVHU DHMHWDKFB QPSO LULVN'U BHKDDYILROLDW  
DWKOHWLF LQYRDOHUPHQDWD DRGVSQSHFWW QRW ZLWK JH  
,Q DGGLWLRQ WRNG UELHQNDLYQR URWRONLHQWUWHQDIWHHGWWRP R  
GHSUHVVLQR VXFKHDDQGXENMXDOFEHHDQSVLBNMG DWRHVEKRVH LQ  
OHWWHUHG VRQNLQV \$WZLWKIBNDIGHQKDWW MRFQR QHRH WK  
MRLQHG IUDWHUQK DQGHKLJKH V RUDRWHKWRIRH VFX&ED/VHD QVHDO  
VWXGHQWV ZHUH BQVLRKDVUV B FLYBVMXB QDWQXIDGXPDLQJ FROO

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

+RZHYHU UHJDUGKLSVQRWRPHPEHUUWVQWUHQWHRQVU DOWXGRZH  
OHYHOV RI VXE VWBQΘHJDE X6RHU BUIUWR JMKVQCH UUD VPHWQLW\ E  
IRXQG WR EH PRUH WUKHTXWQWVHP BFMNLMQYJDOYLHΘWLQR QUV ,Q  
ULVN\ VH[XDO EHV DQYGL R B Q \*UHHHN V GZHUHU QLRQXIRXK QG FWRQ GR  
IUHTXHQF\ RI XQS UFRXKQFWWHUG VGR XIRU HWG P HREW KLVVXW XG\  
WR UHSRUW PRUHL QHE R DQ SD UHWQEFURWDQ G KSDOGR QH BW DO  
DOVR UHSRUWHG WRHQ B W UELHQQLFRY GGRW DWZ HWKIRX JKHFHVVDU  
SUHFDXWLRQ ,Q UHVSHFW WR IJG VDHKULQJMKU EQXRPEKHUU RI WHK  
SDUWQHUV \$HVDZIFW KRQ KHU UGNLQ JX DQV E B KBY LRRQFR R Q DWUHG  
EDVHG RQ \*UHHN DIILOLDWLRQ EXW QRW JHQGHU

6WXGLHV KDYH DOWLRQ E HEHQV B R Q H HQV BQ S RFSXKHUW M RVQV  
DWKOHWHV :RPHQ Q Z KRW & DUWLFV S DWR E H G DW L Q H UG DVHWHG H U  
GLVVDWLVIDFWLRQ EXOLPLD DQGH G U E R Θ P R H QVRIRIDQ Θ H D V LVQ  
\*RUGRQ 9DQ 2UGHQ 7K+RLQ B DWKOHW B U VLRQ V IFVW B G DRQ G LQ  
+LJK OHYHOV RI DQ \$UHWG\LE Q HVS RQRM Y DLOWHRW KHU IKYH KIRU WKL  
DQ[LHW\ SDLUH G ZIHP K QWH SHUΘ B IL FLVQYRLOP LFS D Q B VGRVVDWLVI  
WKHLU ERGLHVH \$V Q K B Q G WIRDSY DUBV Q J P RLQHKHDEY\ VGXUQO\  
PRUH GULQNV SHU ZFRNH DQGF RHOFRXJQV B DW W G DFR QWKRTV H QR  
LQ DWKOHWLFQ/S-RUKWWR Q LOGHREJQH H DOVR R KRX Q G WR KDYH  
GULQNLQJ DW DQ RQRQ B DW KQ H WHKDI R XIQV MQRJ EGU XQNH ZPRW W L  
UHDVRQ IRU DWK Q HW ZHVUMRP B UHQQLD B Q VWR EHQ B FH LQWR[D  
OHDVW WKUHH WHRHRQDDFRKQVMKV EHWDOQY RUK HQUF B D VNHJH KDY  
\*UHHNV DUH QRW WKH RQO\ SRSXΘ B W IRUQDWRV LDFXG W/KH QH





\*5((. \$)),/, \$7,21 \$1' \*(1'(5

EHKDYLRUV VXF~~K~~ ~~DS~~WLD~~R~~ ~~R~~KR~~X~~E V~~W~~ Q~~X~~D~~F~~ ~~O~~ ~~I~~DE~~W~~ M~~H~~ F~~D~~X~~Q~~GV M~~H~~ [7KHV  
VKRZQ ERWK \*UHHNW EHTL~~X~~~~O~~ ~~P~~AK~~U~~~~A~~~~N~~~~D~~~~N~~ ~~Q~~ ~~B~~SC~~E~~ ~~H~~U~~W~~ 3UHYLRXV VW  
FRPSDULQJ \*UHHNUV ~~V~~~~U~~~~R~~~~G~~~~H~~~~S~~ ~~Q~~ ~~W~~~~W~~~~X~~ ~~Q~~~~A~~~~R~~~~D~~~~E~~~~N~~ ~~D~~~~E~~~~K~~~~R~~~~L~~~~Z~~~~D~~~~U~~ UHVXOWV W~~F~~  
PHQWLRQHG DER~~Y~~~~C~~~~H~~~~S~~ ~~U~~~~R~~~~Y~~~~K~~~~D~~~~Q~~ ~~V~~~~D~~~~K~~~~D~~~~V~~ ~~E~~~~H~~~~K~~~~D~~~~Y~~~~L~~~~G~~~~R~~~~O~~~~H~~~~W~~ ~~V~~~~U~~~~R~~~~I~~~~H~~~~N~~~~K~~~~H~~~~D~~~~U~~~~H~~  
WKR~~V~~~~H~~ QRW LQ WK~~F~~~~L~~ ~~H~~~~U~~~~N~~~~H~~ ~~O~~~~H~~~~I~~~~U~~~~W~~~~W~~~~H~~ ~~G~~~~H~~~~D~~~~W~~~~R~~~~Z~~ ~~D~~~~I~~~~U~~~~G~~~~W~~~~H~~~~M~~~~K~~~~I~~~~R~~ SRSX  
DQG QRW DV UHFHQW VWXGLHV W~~D~~~~Y~~~~R~~~~I~~ ~~E~~~~M~~~~R~~~~L~~~~O~~ ~~L~~~~C~~~~R~~~~J~~~~D~~ ~~R~~~~U~~~~H~~~~M~~~~K~~~~I~~~~H~~~~R~~~~S~~  
7KHVH EHQHILWV ~~V~~~~E~~~~R~~~~O~~~~K~~~~G~~~~R~~~~I~~ ~~W~~~~X~~~~S~~~~S~~ ~~R~~~~D~~~~D~~~~F~~~~R~~ ~~Q~~~~S~~ ~~S~~~~R~~~~R~~~~U~~~~K~~~~W~~~~H~~~~U~~~~Q~~~~L~~ ~~W~~~~I~~~~K~~~~H~~~~V~~~~H~~ S  
UHVHDFK VWX~~G~~~~L~~ ~~H~~~~F~~~~R~~~~K~~~~D~~~~Y~~~~L~~~~H~~ ~~V~~~~S~~~~L~~~~R~~~~J~~~~M~~ ~~F~~~~W~~~~R~~~~X~~ ~~Q~~~~M~~ ~~D~~~~R~~~~G~~~~L~~~~C~~~~R~~~~F~~~~R~~ ~~O~~~~F~~~~O~~~~X~~~~V~~~~L~~  
WKH\ IDFWRUHG ER~~Q~~~~V~~ ~~D~~~~Q~~~~G~~ ~~H~~~~H~~~~N~~~~Q~~ ~~G~~~~H~~~~I~~~~L~~ ~~Z~~~~K~~~~D~~~~W~~~~R~~ ~~W~~~~W~~~~M~~ ~~G~~~~L~~~~M~~~~X~~~~G~~~~K~~~~D~~~~Y~~~~H~~ ~~E~~~~H~~  
LQYHVWLJDWH WKH ~~E~~~~W~~~~K~~~~D~~~~Y~~~~I~~~~R~~~~U~~~~W~~ ~~D~~~~R~~~~E~~~~Z~~~~H~~~~I~~~~G~~~~R~~~~E~~ \ ~~W~~~~I~~~~R~~~~H~~~~F~~~~L~~ ~~E~~~~W~~~~H~~ ~~Y~~~~E~~~~X~~~~W~~ ~~R~~~~Q~~  
VWXGHQWV EDVHG RQ DILOLDWL ~~R~~~~Q~~~~W~~~~R~~~~E~~~~J~~~~R~~ ~~J~~~~H~~~~Q~~ ~~G~~~~I~~~~H~~~~R~~~~X~~ ~~D~~~~I~~~~F~~~~F~~~~O~~~~J~~ ~~R~~~~U~~~~X~~~~V~~  
OHWWHUHG VW~~X~~~~R~~~~P~~~~S~~~~Q~~~~W~~~~N~~~~G~~~~K~~ ~~D~~~~R~~~~H~~~~Q~~~~E~~~~R~~~~H~~ ~~G~~~~U~~~~F~~~~M~~~~N~~ ~~I~~~~Q~~~~H~~~~W~~~~H~~~~J~~~~D~~~~U~~~~H~~~~G~~~~V~~ ~~W~~~~R~~~~X~~ ~~G~~~~H~~  
DQG GHSUHVVLRQ ~~D~~~~Q~~~~E~~~~H~~~~D~~~~O~~~~H~~~~V~~~~Q~~ ~~G~~~~U~~~~H~~~~E~~~~D~~~~O~~~~H~~~~X~~~~F~~~~R~~~~P~~~~S~~~~D~~~~V~~~~H~~~~G~~~~Y~~~~Q~~ ~~U~~~~H~~  
VHQVH RI VXSSRUWL ~~R~~~~T~~~~K~~~~R~~~~I~~~~J~~~~H~~~~I~~~~Q~~~~V~~~~X~~~~D~~~~W~~~~L~~~~J~~ ~~B~~~~Q~~~~V~~~~H~~~~G~~ ~~I~~~~R~~~~O~~~~D~~ ~~E~~~~R~~~~O~~~~S~~~~L~~~~R~~~~O~~ ~~R~~~~U~~  
JHQGHU PD\ LQIOXHQFH WKH UHVXOWV

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

### Method

#### Participants

)RU WKL V VWXG\ SXEAOXLFHQWVEH ULDPODDUHWVDFRVO ERID MW F  
8QLWHG 6WDWHVHZHU B DWMLWFHSD QMWDKQ G ZH ZHIUIH PD OH \*U  
DILOLDWLRQ ZDV DOVR VXUYH\HGJ H2 L QWKHOWR Q W D Q SDUMNL FR  
7KLV WRWDO ZDQWERU RN H V Q UGRUZQV LWHLV QVHWVIE B QSD K MLUPL SDQ V  
LQ WKL V VWXG\KZHRUXH KF R Q G HFRACHOH SHD J MW PV H Q WR S DRWH D U FK 6 X

#### Materials

3DUWLF L S D Q W V ZHHGH FJR Q M Q QDQ I R Q U R B Q L R U P W R J W H K H P L F  
FRQILGHQWLDOLWV D Q G\ G \$HWDLLOFRIRH S ODKWHH KVK BDRUWXLG L SW Q  
ZDV JLYHQ D VHQ Q Q D H L S R H W \$ S X H Q G Q L P L U K L V R Q X H D L Q D V R Q T X H V  
FRPSLOHG IURP V F D X H W W X G L G L Q H S U H Z H L R H L H D G V W K R Q V L Q  
VHFWRQRV W K D W V F R O W Q L Q W F G W H G X H F U H H H V S R Q V H E L D V

**Depression.** 7R DVVHV V W K H Y B D U R W L G H S D G W W L T R O H % Q H F H Q W R H S U  
ZDV XVHG 7KHVH WQZH ERVQ VRDIHQ TXW DWRFR W Q W V H U D X Q F J K Q U V <sup>3</sup>,  
JXLOW\ DOO WKH WLPH' WR <sup>3</sup>, G Q D R M Q H H O R J X L V O R W \ ' D Q H G V B  
ZHUH WRWDOHG YW B X D V O H T V O H Y K I B L R Q G E H S O H H K V D L R Q H H Q Y D O L  
IRXQG WR KD O H D E L O M L W B Q D E U R V D Q D H L Q L F E D R O V Q Q G Q R Q F O L Q  
:DQJ \$ Q G U D G H \* R U T H Q L W W P H L Q V X U H I R X Q V G D V R R E E H Y D Q L G L Q  
GLIIHUHQWLDWL B Q D P Q L H V H S O R Q M D L R W V R Q D Q G R W W U M K L V  
VKRZ GLVFULPLQDWHU X D V O L G V Z H G B W V K R O % J Q Y H Q H S R U \ K D V V  
VHQVLWLYLW\ V S H F M L I Y F I L W D Z X D G \$ S O D R H G , W D O V R K D V  
UHSRUWHG WR K F R Y Q V K V W K Q Q W B I Q V D V H L O R L O E M O H L W W U H W H

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

**Self-esteem.** 7KH 5RVHQEHUJ 6HOI (VWHHP 6FDOHDLVHWKHWKHH  
SDUWLFLSDQWLVVHQWHVWPHHDPVXNHULWDFDRLODQJILQJ IURF  
DJUHH WR VWURQHODGLVDLVEHQMRPH TXRVWZRWK UHYHUVH  
FRXQWHUEDODQFHKUWKISRQMBVEXLDFRDUKWDKHUHVZRLUWK D KLJ  
VHOI \*ULIILWKQQRNRBRQVRVLEBXVWGHVORQ 6FBWVQR 7KR IR  
WKH 5RVHQEHUJE BFKOMWURQDYFRQWWYDXFMGDQG FRQYHUJHG

**Sense of social support.** 7R PHDVXUH WKH SDUWLFLSDQWV VHQVH  
OXOWLGLPHQVLRQDO 6FDOH RI 3HUEVLPYHGVXBFLDO DEXS\$RH  
SRLQW /LNHUW 6FDOH VVWJLQJONRDUJHGWVRYHHHVWUFRQW  
WKUHH VXEVFHFLRQVGIYELQLIIEPHQVWIKHKUV ZKILHQ FRQIL  
WKURXJK VWXGLHMGRQEBWKJROG WUZREGRFRVQJH UQD WUDWQL  
VWXGHQWV \$IULFRSH\$RHSRIFDQVDQXUDHQF&KWQHVDRO  
VXEVDHVR IVIDJQGLFLDQVGRVZKMHGKDKGOKFBULGHVHDUQDO  
'DKOHP =LPHW :DONHU IRXQGHUQDQYBDOGLWRDQGR  
VRFLDO DSSHDO ,WHQDVEIRKQGDWFDQV UERHQDQYBIDMGDW DGPLC  
PHDVXUH .DJDULDQ OF&DEH RKEV ZHDWOUHUZODVHOG  
ELDV DQG SHUFHLYHG SUHIUUG UHVSRQVHV

**Procedure**

6WXGHQWV ZHUH UDFRQGHQWVJEMHVRWVQKQHEHVWXCWKKH  
SXUSRVH RIDVVHVMRQDQGHJHQGBOLDIEVKIFZBWHQSYODLQH  
SDUWLFLSDQW ,QVWUXFWLRQV ZHVBHU

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

ZHUH DOVR FROOHF WDIYGH ZQPIS O/HWDCG BMMK FTX ZM W/H REQHWKD  
WKHLU WLPD DQGVGHEU UHFHGL YGWPX G/HUDMFUVRGLWIRURSDUWLF  
WKL V VWXG\

**Results**

7KH VFRULQJ IRU QVKN SUWRMFDVZDHWWRH VHXFRIPM DVX  
PHDVXUH IRU VHOI HVWHHP KDG URXQWMB VFRU'UHQJF UWSHWLY  
LQFOXGLQJ WKH P GHYDDVSDRQZQIDHUC V%HMZFWV FRUUHOD  
DOVR FDOFXODWHG IRU HDFK RI WKH WKUHH PHDVXUHV

7KLV VWXG\ K\SRVRIQWLD G HGHSHUHSVDRUGV ZFRQVHG RG LVIHU  
DPRQJ \*UHHN OHVHDPHQJ VHXGGHUVWKZV\*SHHNSVZVRIKOG V  
KLJKHU OHYHOV RIDSGU FH OYHHG WWSBRIKDUHQVQVGHQWOLDW  
RUJDQLJDWLRQV WDHGHWRZKDNHS K DGHUWGHHPHQ/GRV XSSRUW  
OHYHOV RI GHSUHWVRURVKLKN WJXWKHVGH QRSRWXSISRIUWDV QR  
GLIIHUHQFHV ZHUH IRXQG

\$OWKRXJK WKHUH ZHLUIH QRQVHJQ LMKFDLQWZDVDDG OHWR V  
HVWHHP DQG \*UHHNMIILOSDWLRQKDGHDNVOLJKWO\ KLJKHU  
HVWHHP WKDQ QRQSEUHHNV DOWKRXJK QRQ VLJQILFDQW

\$OOF RDKHUHTXDO WR RU VPD,OOBUHWKDXDO WBRQGUDELOJF  
0PDQG VXIIHUHQFHV D

**Discussion**

7KH UHVXOWV RI WKL V VWXG\ GLG QRW



\* 5((. \$)),/, \$7,21 \$1' \*(1'(5

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

5HJDUGOHVV RI WKHLVHGLQVVLJQLKFDQDQH LPISRHJWDDQW D  
WKURXJKRXW D LQGLYLGXDQV OLEHH WQMRQYGG LQFB WKRXB  
WKHVH JURXSV LWHWRHUJDQMDLVHRSRIRWQ GHUVWDQG WKH  
JURXSV RQ WKHLVHGLYLGXDQW WIRVFLRQHRKLDKRZHSIOH HVWH  
FDQ WKHQ EH GRQEHWRVZHDWRUFRQSDMWH2QJWKKL7RLQWUDU  
JURXSV DUH IRXQB WIRVXSURJUDW HZQGHQPHOIREZMWHQJP GHSUHV  
JURXSV VXFK DV RWKLDWHHFDQURR WQFH SUHYLRXV UHVHD





\*5((. \$)),/, \$7,21 \$1' \*(1'(5

KWWS ZHE HEVRRKRWRFNRVREJSGXZHU SICRYLMZSHUYLHG  
KLG VLG E D D DI G VHVVL RQPJU



\*5((. \$)),/, \$7,21 \$1' \*(1'(5

0F&DEH 6 6FKXOHQE H U J - ( -R K Q V W R Q D Q ' - \*2 0 D O O R H M N

' 6 H O H F W L R Q L B Q G H V I R H F L V D O B J D I U B W R H W L Q W M H V R Q 8 6

V W X G H Q W V X E V W D Q F H X V H \$ P X G M A d i c t i o n F R K P U W Q D W L R Q D

K W W S Z H E H E V R R K R W R F R R V R G J S G X Z H U S I G R Y L M Z S G U Y L L H G

K L G V L G I G H F H E E G G E H V H V V L R Q

0 F : K L U W H U % 7 V O H B R Q Q H O G Q H W R X H H O H I N O W H M P L D F R O O

V W X G H Q W *Journal of Counseling & Development 75*

K W W S Z H E H E V R R K R W R F R R V R G J S G X Z H U S I G R Y L M Z S G U Y L L H G

D H E F F H V V L R Q P J U Y L G K L G

0 R U U L V . 3 D U U Q G H U 5 6 6 6 W H X G ( H W D Q G D E H W D W L R U V D P R O

F R O O H J H *Journal of Counseling 14*

K W W S Z H E H E V R R K R W R F R R V R G J S G X Y L G H K R L V G G N W G L O

K L G V L G I G H F H E E G G E H V H V V L R Q

1 R U W R Q / 6 0 R U J D Q 6 . 7 K R R H L Q G H D Q W R W O I S Q H Z P H D V X

V H O I H C o m m e n t *Psychology Quarterly 8*

K W W S Z H E H E V R R K R W R F R R V R G J S G X Y L G H K R L V G G N W G L O

G H F H E E

G G E H V H V V L R Q P J S G \* E G D K W B 4 Q M E \* O = G E G S G

V \ K \$ 1

3 L T X H U R 1 ) R [ . 5 3 & D X S H R Z R F S \* 3 0 D ] H U R \* O Q G H U J H Q H U

V W U D L Q W K H R W L R Q H J D D Q G H G H V R R U G H U H G *Journal of Health Ad*

*Adolescence 39*

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

3RQVRGD 9 \$EDG ) - )UDQFLV\*H/QGHU G L O B V H Q F B V L Q V

&RRSHUVPLWK 6HOI (7KWHHHPF,LOYHCCFM RW HGPL IIXHUFVQLVRLQ Q

*Journal Of Individual Differences* 29

GRL

5HDG - 3 0HUWLORKNRZ . % SDJHWR UHW DUKWV 5LVN IDF

UHDVRQV IRU SUHJDPLQ Journal Of American College Health 78(2) 34-40

5HROOLRpH \* %GGLRLO" P Año D

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

:DQJ < \$QGUDGHLQ & \*RUHQVWDEHGEHFNIRQHPSIUWVVLRRQ LQ  
D SRUWXJXHVH 000@õPp€ N p€@ ÀÀ €0 4à0pppp X IR LQD

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

\$SSHQGL[

SELF REPORT QUESTIONNAIRE

3OHDVH DQVZHU DOO TXHVWLRQVHD \$ DOF FUXHWSRQ VHQG DKURQ B  
5HTXLUHG

- , GR QRW IHHO VDG
- , IHHO VDG
- , DP VDG DOO WKH WLPH DQG , FDQ W VQDS RXW RI LW
- , DP VR VDG DQG XQKDSS\ WKDW , FDQ W VWDQG LW
- , DP QRW SDUWDFXG DLEO\GL WKRX LXWXUH
- , IHHO GLVERXW DWHS DXWXUH
- , IHHO , KDJWR FORRN IRUZDUG WR
- , IHHO WKH IXWQG HWKDW RVS KLOHJW FDQ QRW LPSURYH
- , GR QRW IHHO OLNH D IDLOXUH
- , IHHO , KDYH IDLOHG PRUH WKDQ WKH DYHUDJH SHUVRQ
- \$V , ORRN EDFN RQ P\ OLIH DOO , FDQ VHH LV D ORW RI
- , IHHO , DP D FRPSOHWH IDLOXUH DV D SHUVRQ
- , JHW DV PXFK VDWLVIDFWLRQ RXW RI WKLQJV DV , XVHG
- , GRQ W HQMR\ WKLQJV WKH ZD\ , XVHG WR
- , GRQ W JHWLEB DROXWDRMLDQDW WKLQJ DQ\PRUH
-

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

[ , GRQ W IHHO , DP EHLQJ SXQLVKHG  
[ , IHHO , PD\ EH SXQLVKHG  
[ , H[SHFW WR EH SXQLVKHG  
[ , IHHO , DP EHLQJ SXQLVKHG

[ , GRQ W IHHO GLVDSSRLQWHG LQ P\VHOI  
[ , DP GLVDSSRLQWHG LQ P\VHOI  
[ , DP GLVJXVWHG ZLWK P\VHOI  
[ , KDWH P\VHOI

[ , GRQ W IHHO , DP DQ\ ZRUVH WKDQ DQ\ERG\ HOVH  
[ , DP FULWLFDO RI P\VHOI IRU P\ ZHDNQHVHV RU PLVWDM  
[ , EODPH P\VHOI DOO WKH WLPH IRU P\ IDXOWV  
[ , EODPH P\VHOI DOO WKH WLPH IRU P\ IDXOWV

[ , GRQ W KDYH DQ\ WKRXJKWV RI NLOOLQJ P\VHOI  
[ , KDYH WKRXJKWV IRE NWO, ZRXOG VOMR W FDUU\ WKHP R  
[ , ZRXOG OLNH WR NLOO P\VHOI  
[ , ZRXOG NLOO, OKB G MOKIHLFKDQFH

[ , GRQ W FU\ DQ\ PRUH WKDQ XVXDO  
[ , FU\ PRUH QRZ WKDQ , XVHG WR  
[ , FU\ DOO WKH WLPH QRZ  
[ , XVHG WR EH DEQ, HF DQ WURUE XWVQRVZKRXJK , ZDQ

[ , DP QR PRUH KUOLW DKBG EHVHU ZDV  
[ , DP VOLJKWLOW PRHB QRZ WKDQ XVXDO  
[ , DP TXLWH DQQR\HG RU LUULWDWHG D JRRG GHDO RI WK  
[ , IHHO LUULWDWHG DOO WKH WLPH

[ , KDYH QRW DRLQWRMCKWHUSIHRSOH



\*5((. \$)),/, \$7,21 \$1' \*(1'(5

[ , DP OHVV LQWHUHVWHG LQ RWKHU SHRSOH WKDQ , XVHG

[ , KDYH ORVW ~~FBMWWRLQ~~ \RLQWHU SHRSOH

[ , KDYH ORVW ~~HDHWRLO~~ \RLQWHU SHRSOH

[ , PDNH GHFLVLRQV DERXW DV ZHOO DV , HYHU FRXOG

[ , SXW RII PDN ~~PRUJHFKDQR~~ , XVHG WR

[ , KDYH JUHDWHU ~~GLGHFXORQLQ~~ PDNL WKDQ , XVHG

[ , FDQ W PDNH GHFLVLRQV DW DOO DQ\PRUH

[ , GRQ W IHHO ~~WRDWH~~ , ~~WRDWH~~ , ~~DQ~~ XVHG WR

[ , DP ZRUULH ~~WRDWH~~ , ~~ROD~~ DU XQDWWUDFWLYH

[ , IHHO WKHUH DUH SHUPDQHQW FKE ~~QIRNL~~ ~~QD~~ ~~WSS~~ ~~BDW~~ ~~D~~

[ , EHOLHYH WKDW , ORRN XJO\

[ , FDQ ZRUN DERXW DV ZHOO DV EHIRUH

[ , W WDNHV DQ ~~WUDDHWRIGW~~ ~~WRG~~ ~~RHQJ~~ VRPHWKLQJ

[ , KDYH WR SX ~~AKK~~ ~~DVGH~~ ~~WR~~ ~~RY~~ ~~BR~~ DQ\WKLQJ

[ , FDQ W GR DQ\ ZRUN DW DOO

[ , FDQ VOHHS DV ZHOO DV XVXDO

[ , GRQ W VOHHS DV ZHOO DV , XVHG WR

[ , ZDNH XS KRXUV HDUOLHU ~~WEDQXWRD~~ ~~ODIG~~ ILQG LW

[ , ZDNH XS VHYHU ~~W~~ ~~KR~~ ~~X~~ ~~XW~~ ~~HG~~ ~~W~~ ~~FD~~ ~~BNQ~~ ~~W~~ ~~FR~~ ~~DQ~~ ~~HRIS~~ JHW E

[ , GRQ W JHW PRUH WLUHG WKDQ XVXDO

[ , JHW WLUHG PRUH HDVLO\ WKDQ , XVHG WR

[ , JHW WLUHG IURP GRLQJ DOPRVW DQ\WKLQJ

[ , DP WRR WLUHG WR GR DQ\WKLQJ

[ 0\ DSSHWLWH LV QR ZRUVH WKDQ XVXDO

[ 0\ DSSHWLWH LV QRW DV JRRG DV LW XVHG WR EH

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

0\ DSSHVLWH LV PXFK ZRUVH QRZ

, KDYH QR DSSHVLWH DW DOO DQ\PRUH

, KDYHQ W ORVW PXFK ZHLJKW LI DQ\ ODWHO\

, KDYH ORVW PRUH WKDQ ILYH SRXQGV

, KDYH ORVW PRUH WKDQ WHQ SRXQGV

, KDYH ORVW PRUH WKDQ ILIWHHQ SRXQGV

, DP QR PRUH ZRUULHG DERXW P\ KHDOWK WKDQ XVXDO

, DP ZRUULHG DERXW SKLNFDFK SWRBDIEQV RXISFRQW WLSDV

, DP YHU\ ZRUULHG SDERXWPSKDQIGNDI VPKDKU GOWR WKLQ

, DP VR ZRUULHG DERXW P\ SK\VL RD DQURKIQHP MOWKIDW ,

, KDYH QRW QRWLFHG DQ\ UHFHQW FKDQJH LQ P\ LQWHUH

, DP OHVV LQWHUUMKWHG XVHG WR EH

, KDYH DOPRUVW QR LQWHU

, KDYH ORVW LQWHUHVW LQ VH[ FRPSOHWHO\

2Q WKH ZKROH , DP VDWLVLHG ZLWK P\VHOI

6WURQJCE \$ H 6WURQJO\ 'LVDJUHH

\$W WLPHV , WKLQN , DP QR JRRG DW DOO

6WURQJCE \$ H 6WURQJO\ 'LVDJUHH

, IHHO WKDQPEKDYRIDJRRG TXDOLWLHV

6WURQJCE \$ H 6WURQJO\ 'LVDJUHH

, DP DEOH WR GR WKLQJV DV ZHOO DV PRVW RWKHU SHRSO

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, IHHO , GR QRW KDYH PXFK WR EH SURXG RI

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, FHUWDLQO\ IHHO XVHOHVV DW WLP HV

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, IHHO WKDW , PWD SDWVORQD WZROV QW KHDO SODQH Z

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, ZLVK , FRXOG KDYH PRUH UHVSHFW IRU P\VHOI

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

\$OO LQ DOO , HDPOLWKOMQH GPWR IIDLOXUH

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, WDNH D SRVLWLYH DWWLWXGH WRZDUG P\VHOI

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

0\ IULHQGV UHDOO\ WU\ WR KHOS PH

9HU\ 6WURQJO\ 'LVDJUHH

6WURQJO\ 'LVDJUHH

0LOGO\ 'LVDJUHH

1XHWUDO

0LOGO\ \$JUHH

6WURQJO\ \$JUHH

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

☐ 9HU\ 6WURQJO\ \$JUHH

, FDQ FRXQW RQ P\ IULHQGV ZKHQ WKLQJV JR ZURQJ

☐ 9HU\ 6WURQJO\ 'LVDJUHH

☐ 6WURQJO\ 'LVDJUHH

☐ 0LOGO\ 'LVDJUHH

☐ 1XHWUDO

☐ 0LOGO\ \$JUHH

☐ 6WURQJO\ \$JUHH

☐ 9HU\ 6WURQJO\ \$JUHH

, KDYH IULHQGV ZLWK ZKRP , FD

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

0 LOGO\ 'LVDJUHH

1XHWUDO

0 LOGO\ \$JUHH

6WURQJO\ \$JUHH

9HU\ 6WURQJO\ \$JUHH

0\ IDPLO\ UHDOO\ WULHV WR KHOS PH

9HU\ 6WURQJO\ 'LVDJUHH

6WURQJO\ 'LVDJUHH

0 LOGO\ 'LVDJUHH

1XHWUDO

0 LOGO\ \$JUHH

6WURQJO\ \$JUHH

9HU\ 6WURQJO\ \$JUHH

7KHUH LV D VSHKFZ QPS, HEDQ QZDWURPZVMR\ V DQG VRU

9HU\ 6WURQJO\ 'LVDJUHH

6WURQJO\ 'LVDJUHH

0 LOGO\ 'LVDJUHH

1XHWUDO

0 LOGO\ \$JUHH

6WURQJO\ \$JUHH

9HU\ 6WURQJO\ \$JUHH

, JHW WKH HPRWISRDW KHOSHQGRP P\ IDPLO\

9HU\ 6WURQJO\ 'LVDJUHH

6WURQJO\ 'LVDJUHH

0 LOGO\ 'LVDJUHH

1XHWUDO

0 LOGO\ \$JUHH

6WURQJO\ \$JUHH

\*5((. \$)),/, \$7,21 \$1' \*(1'(5

☐ 9HU\ 6WURQJO\ \$JUHH

, KDYH D VSHFLDDOUSHUW RQ XZKPH LVI FRPIRUW WR PH

☐ 9HU\ 6WURQJO\ 'LVDJUHH

☐ 6WURQJO\ 'LVDJUHH

☐ 0LOGO\ 'LVDJUHH

☐ 1XHWUDO

☐ 0LOGO\ \$JUHH

☐ 6WURQJO\ \$JUHH

☐ 9HU\ 6WURQJO\ \$JUHH

