

Twenty Statements Test

The 20 Statements Test is a simple and commonly used technique for initial, rough assessment of an individual's sense of Self or Identity. For the technique to have any validity, you will need to complete the following section **before** reading the "Scoring Instructions" on the next page.

PLEASE COMPLETE THE FOLLOWING SENTENCE USING A DIFFERENT WORD OR PHRASE EACH TIME THAT YOU BELIEVE IS TRUE ABOUT YOURSELF.

I am:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____

20.

Scoring Instructions:

The simplest way to score this instrument is to categorize each of the 20 Statements as giving a description of yourself that is

External—that is, that locates you in society by describing some social role you play or enact

- For example, the names of social roles you have are all EXTERNAL: mother, father, son, daughter, student, salesperson, Baptist, marathon runner, environmentalist, Jazz fan, etc.

OR that is

Internal—that is, that locates you inside yourself by describing an interior quality or trait you have

- For example, names of personal, intrinsic qualities or traits you have are all INTERNAL: shy, ambitious, insecure, happy, stable, fearful, confused, contented, curious, desperate, etc.

Put an **E for **External** OR an **I** for **Internal** beside each of your 20 Statements.**

Total up the number of statements in each category:

Total Number of EXTERNAL descriptions: _____

Total Number of INTERNAL descriptions: _____

Total Number of descriptions: 20