

What is your age? _____

What is your gender (sex)? M_ F_

S-O E INVENTORY

Direction: Please indicate your amount of agreement with each of the following statements by placing an “x” in the corresponding box.

	Strongly Agree	Mildly Agree	Neutral	Mildly Disagree	Strongly Disagree
1. It is important for me to listen to my inner feelings about a situation.					
2. When I am trying to understand someone, it is okay to guess what that person is feeling and check this out with him/her.					
3. I'd rather tell myself to cheer up than acknowledge my sad feelings about a situation.					
4. When I listen to another in a caring way, I like to analyze or interpret their problems.					
5. If I'm feeling upset about the way an event has turned out, it is helpful to consider what I would have liked to have happen.					
6. I like to give advice when I listen to another's concerns before asking the person if they would like advice.					
7. If I'm feeling apprehensive about a situation, it is helpful to distract myself by keeping busy or thinking about other things.					
8. When I listen to another's feelings, it is helpful to also listen for what they may have been wanting.					
9. I prefer to take action on a situation rather than take time to consider my feelings about it.					
10. When someone seems down about a situation, it is helpful to get them to focus on the brighter side of the situation.					
11. When I'm feeling upset, I find it helpful to remind myself that things could be worse.					
12. When I would like to understand another more clearly, it is helpful to paraphrase what I've heard them say.					

13. It is important to allow myself time to feel pleased or proud when I recall something I think I've done well.

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Strongly Agree
Mildly Agree
Neutral
Mildly Disagree
Strongly Disagree

14. If someone I care about seems upset, it is a good idea to help them find reasons to feel differently about the situation.

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15. If I'm feeling unsure about a situation, it is helpful to consider the results I would like to obtain, before I take action.

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16. When someone I care about appears worried, it is helpful to reassure them that things will get better

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17. I am aware of a difference between my inner feelings and my thoughts or judgments.

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18. When someone appears upset or critical about my behavior, it is best to offer a quick apology

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19. When I believe I've made a wrong decision, it is easy to put myself down about it.

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20. When someone appears to criticize me it is helpful to listen to what that person is feeling.

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21. If I have strong feelings about a situation it is helpful to consider my values as well.

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22. When someone seems down about a situation it is helpful to get them to look at it from another perspective.

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23. If I notice I am feeling tired, it is important for me to find some time to rest.

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24. When I do not understand another's reaction, it is okay to guess what the person may be reacting and check this out with them.

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From: donald shoemaker [mailto:shoemake@vt.edu]

Sent: Tuesday, November 01, 2005 9:20 AM

To: Caruso, Thomas P.

Subject: RE: Coding for the SOE

As the S.O.E. is constructed, items 3, 4, 6, 7, 9, 10, 11, 14, 16, 18, 19, and 22 are reverse coded. We have been using the code 5,4,3,2,1. We have been getting good reliability scores using this scale, ranging from .80-.95. Please let us know how it goes.

Don