

AM I BITTER?

Disease can cause many people to feel bitter. We want to know if you feel this way. Check off if any of the following apply to you.

- _____ 1. It is not right what has happened to me.
- _____ 2. Others do not have to go through what I have had to go through.
- _____ 3. I often feel like crying or screaming.
- _____ 4. I have so much negative feeling pushed down inside of me.
- _____ 5. Others have said that I am bitter about what has happened to my life.
- _____ 6. I often think, "Why me? Why have I been picked out for this grief?"
- _____ 7. I think about my misfortunes a lot.
- _____ 8. Others seem to get the help that they need from others to make them happy but not me.
- _____ 9. Often I find myself churning inside.
- _____ 10. Life has been a great disappointment to me.
- _____ 11. Why can't I get my way like others seem to get their way?
- _____ 12. I feel so frustrated because I know what can make me happy but I cannot do what will make me happy.
- _____ 13. Just when I got my hopes built up that things are going to work out for me everything comes crashing down.
- _____ 14. I have been let down so many times.
- _____ 15. I often feel tense and uptight.
- _____ 16. Others have gotten the breaks in life but not me.
- _____ 17. I often have thoughts about how things could have gone much better for me.
- _____ 18. I see others happy and getting what they want in life and I think, "I should be that way."
- _____ 19. Why do others seem to have it all when I have had so much go wrong for me.
- _____ 20. Nothing seems to go my way.
- _____ 21. When I come down to it, I am just plain mad about how things have gone for me in my life.
- _____ 22. I am sick and tired of not being able to do what can make me happy.
- _____ 23. Life, God, fate, or luck has not been fair to me.
- _____ 24. It is hard keeping my anger from coming out.

Add up the number of checks and if you have more than half checked-off then you may want to consider if you feel bitter about how your life has gone.

In completing the above form, there are five variables that are being measured. Mark down how many of the items have been checked for each variable.

Belief in receiving unfair treatment: 1, 6, 16, 23 _____

Envy: 2, 8, 11, 18, 19 _____

Suppressed anger: 3, 4, 9, 15, 25 _____

Self-pity: 5, 7, 12, 17, 20, 22 _____

Disappointment: 10, 13, 14, 21 _____