

### How much of a 'Good Girl' are you?

The following questions will help you identify to what extent that inner GG is running your life. Be brutally honest with yourself!

#### EXERCISE

Read each statement and then decide which number on the scale of 1 – 5 most reflects your assessment of yourself.

*1 = never true    2= rarely true    3=sometimes true    4= often true    5=always true*

1.	I rarely behave selfishly or in a demanding way	
2.	I find it difficult to express anger	
3.	I often give a compliment when I don't really mean it	
4.	I am careful how I say things so people will like me	
5.	Asking for what I want is hard for me	
6.	I find myself obsessing about the finer details of a task	
7.	I often doubt myself	
8.	I often feel emotionally vulnerable	
9.	When someone gives me negative feedback I feel criticised and upset	
10.	I avoid possible conflict or confrontation	

11.	I can't bear it if I might have upset or hurt someone	
12.	I have friends/acquaintances who I only see because I feel I should	
13.	I avoid saying what I really think	
14.	I put off facing situations which might be awkward	
15.	I often feel people take advantage of me	
16.	I take care of other people's needs before my own.	
17.	If I make a mistake I feel really bad	
18.	I apologise too often	
19.	I agonise over making decisions	
20.	I often feel ashamed, embarrassed or self-conscious	
21.	I worry excessively about what people think of me	
22.	I feel guilty when I take time for myself	

23.	I often get talked into doing things because I can't say no	
24.	I want to be thought of as a nice person	
25.	I avoid social situations because I feel intensely uncomfortable	
26.	I feel inferior to people who appear more attractive or successful than me	
27.	Worrying thoughts often go round and round in my head	
28.	If I have to speak in public I feel extremely anxious	
29.	I try too hard to prove my competence	
30.	I probably take myself too seriously	
	TOTAL	

Now add your scores together:

- 30 – 53      Little or no Good Girl
- 53 – 76      Mild to moderate Good Girl
- 76 – 100     Moderate to strong Good Girl
- 100 – 124    Strong to very strong Good Girl
- 124 - 150    Very strong Good Girl

I'm guessing that result doesn't really surprise you. I know questionnaires can be difficult because some of the statements might be more true of you say, at work than with your family, but this gives us a good enough overview of how much your Good Girl is affecting your life and your ability to live it free of emotional obstacles. Now think about the different areas of your life and identify which aspects of it are being affected the most.