

### **SCORE INTERPRETATION**

20 – 29: You are your own ally, high degree of control, self-esteem and identity

30 – 49: You have a healthy sense of control over your life but occasionally negative self-talk causes you to feel anxious in stressful situation

50 – 69: Your thoughts are often crowded and you feel trapped because of frequent negative self-talk.

70 – 80: Life has become one crisis and struggle one after another.