

## BLIRT

The following questions refer to the reactions people have when interacting with others. Please indicate how YOU react to these events by choosing a number from the following scale. Please base your answers on how YOU react, *not* on how you think others react or how you think a person should react.

1-----	2-----	3-----	4-----	5
Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree

- \_\_\_\_\_ 1. If I have something to say, I don't hesitate to say it.
- \_\_\_\_\_ 2. It often takes me awhile to figure out how to express myself.
- \_\_\_\_\_ 3. If I disagree with someone, I tend to wait until later to say something.
- \_\_\_\_\_ 4. I always say what's on my mind.
- \_\_\_\_\_ 5. Sometimes I just don't know what to say to people.
- \_\_\_\_\_ 6. I never have a problem saying what I think.
- \_\_\_\_\_ 7. When emotions are involved, it's difficult for me to argue my opinion.
- \_\_\_\_\_ 8. I speak my mind as soon as a thought enters my head.