

SCAF

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AIHQ

I am going to read you 10 everyday situations about people and how they act toward you. I want you to imagine each situation and how it might happen to you.

For each situation, I will ask you why it happened. Then, I will ask you to rate whether you think the person acted that way toward you on purpose, how angry that situation would make you feel, and how much you would blame the other person.

Finally, I will ask you what you would do about that situation. A response of "I don't know" is not acceptable. You need to describe some type of behavioral response.

1. You've been at a new job for three weeks. One day, you see one of your new co-workers on the street. You start to walk up to this person and say hello, but then she/he passes by you without saying hello.

A. What do you think was the real reason why your coworker passed by you without saying hello?

B. Do you think your coworker did this to you on purpose?

1	2	3	4	5	6
Definitely	Probably	Maybe	Maybe	Probably	Definitely
No	No	No	Yes	Yes	Yes

C. How angry would this make you feel?

1	2	3	4	5
Not at				Very
All Angry				Angry

D. How much would you blame the coworker for passing by you?

1	2	3	4	5
Not at				Very
All				Much

E. What would you do about it?

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2. You have an appointment with an important person. When you arrive at your appointment, the receptionist informs you that the person is not in; they took the day off.

A. What do you think was the real reason why the person didn't keep the appointment?

B. Do you think the person did this to you on purpose?

1	2	3	4	5	6
Definitely	Probably	Maybe	Maybe	Probably	Definitely
No	No	No	Yes	Yes	Yes

C. How angry would this make you feel?

1	2	3	4	5
Not at				Very
All Angry				Angry

D. How much would you blame the person for not keeping your appointment?

1	2	3	4	5
Not at				Very
All				Much

E. What would you do about it?

3. You walk past a bunch of teenagers at a mall and you hear them start to laugh.

A. What do you think was the real reason why the teenagers started to laugh after you walked past them?

B. Do you think the teenagers did this to you on purpose?

1	2	3	4	5	6
Definitely	Probably	Maybe	Maybe	Probably	Definitely
No	No	No	Yes	Yes	Yes

C. How angry would this make you feel?

1	2	3	4	5
Not at				Very
All Angry				Angry

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D. How much would you blame the teenagers for laughing as you walked past them?

1	2	3	4	5
Not at All				Very Much

E. What would you do about it?

4. You are supposed to meet a new friend for lunch at a restaurant but she/he never shows up.

A. What do you think was the real reason why your new friend didn't show up at the restaurant?

B. Do you think your new friend did this to you on purpose?

1	2	3	4	5	6
Definitely No	Probably No	Maybe No	Maybe Yes	Probably Yes	Definitely Yes

C. How angry would this make you feel?

1	2	3	4	5
Not at All Angry				Very Angry

D. How much would you blame your new friend for not showing up at the restaurant?

1	2	3	4	5
Not at All				Very Much

E. What would you do about it?

5. You call a friend and leave a message on their voicemail, asking them to call you back. One week goes by and they have not called you back.

A. What do you think was the real reason why your friend didn't call you back?

B. Did your friend not call you back on purpose?

1	2	3	4	5	6
Definitely No	Probably No	Maybe No	Maybe Yes	Probably Yes	Definitely Yes

C. How angry would this make you feel?

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1
Not at
All Angry

2

3

4

5
Very
Angry

D. How much would you blame your friend for not calling you back?

1
Not at
All

2

3

4

5
Very
Much

E. What would you do about it?
