

Self-Discrepancy Scale (Based on the BFI-10: <https://doi.org/10.6102/zis76>)

In the following, you will be represented statements about several personality traits. Each statement refers either to how you would rate your current personality traits, how your personality traits would ideally look like, or how your personality traits ought to be. Please indicate how much you agree or disagree with every statement.

1 2 3 4 5 6 7 8 9 10
 Disagree strongly Neither agree nor disagree Agree strongly

1a	I am the type of person who is reserved.	
1b	I would really like to be the type of person who is reserved.	
1c	I ought to be the type of person who is reserved.	
2a	I am the type of person who is generally trusting.	
2b	I would really like to be the type of person who is generally trusting.	
2c	I ought to be the type of person who is generally trusting.	
3a	I am the type of person who tends to be lazy.	
3b	I would really like to be the type of person who tends to be lazy.	
3c	I ought to be the type of person who tends to be lazy.	
4a	I am the type of person who is relaxed, handles stress well.	
4b	I would really like to be the type of person who is relaxed, handles stress well.	
4c	I ought to be the type of person who is relaxed, handles stress well.	
5a	I am the type of person who has few artistic interests.	
5b	I would really like to be the type of person who has few artistic interests.	
5c	I ought to be the type of person who has few artistic interests.	
6a	I am the type of person who is outgoing, sociable.	
6b	I would really like to be the type of person who is outgoing, sociable.	
6c	I ought to be the type of person who is outgoing, sociable.	
7a	I am the type of person who tends to find fault with others.	
7b	I would really like to be the type of person who tends to find fault with others.	
7c	I ought to be the type of person who tends to find fault with others.	
8a	I am the type of person who does a thorough job.	
8b	I would really like to be the type of person who does a thorough job.	
8c	I ought to be the type of person who does a thorough job.	
9a	I am the type of person who gets nervous easily.	
9b	I would really like to be the type of person who gets nervous easily.	
9c	I ought to be the type of person who gets nervous easily.	
10a	I am the type of person who has an active imagination.	
10b	I would really like to be the type of person who has an active imagination.	
10c	I ought to be the type of person who has an active imagination.	