

SHARK MUSIC CHECKLIST

Quickly read through the following items and check off all those that you identify with. Don't agonize over this. If it sounds familiar, check it off. If not, move to the next item.

What Makes Me Feel Particularly Good?

- Sitting next to someone I love who promises to stay close**
- Being seen at important events
- Activities I can do alone*
- Pleasing people**
- Being recognized for doing an excellent job
- Having breathing room from others*
- Associating with successful people
- Feeling needed**
- Long-distance friendships*
- Having someone else take care of a difficult task for me**
- Winning
- Being in the audience*
- A cuddly environment**
- Being on my own, doing things I like*
- Taking care of and being taken care of by my closest friends**
- Being on top of things
- Having all my important family members and friends nearby**
- Solo vacations*
- Putting other people's needs and feelings ahead of my own**
- Being self-sufficient*
- Feeling highly competent
- Being honest, even when it's not popular*
- Being with a soul mate who really shares the way I think

What Makes Me Feel Uncomfortable?

- Being alone**
- Coming in second place

(continued)

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- The silent treatment**
- People who seem unmotivated
- People wanting to be very close to me*
- Others thinking I've done something wrong
- Feeling obligated to the people I love*
- Being around people who whine about their problems when all they have to do is get their act together
- Being with someone who always acts like he or she wants to leave**
- Someone who's critical
- Being too isolated*
- Acting confident when I know I'm not**
- Feeling like I'll be too much for people*
- Criticism
- Depending on others*
- Being assertive**
- Living alone**
- Being considered average
- Saying what I think**
- Being the center of attention*
- Being controlled or manipulated*
- Being disappointed by friends
- People wanting to know everything about me*
- Being hugged*
- Being in charge**
- Making a mistake
- People feeling like they're on the same page with me*
- Failing
- Not being understood
- The high expectations of others
- People being overly affectionate*

What Do Other People Say about Me or Think of Me?

- I tend to go off on my own when I have a problem to solve.*
- I need to do more on my own.**

(continued)

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- I give mixed messages: when I'm alone I sometimes want to be with others, and when I'm with others I often want to be alone.*
- I give in too easily.**
- When I'm upset, I withdraw to figure it out myself.*
- I rely a lot on other people.**
- I "go negative" just to get those closest to me to back away.*
- I need a lot of support from others to get things done.**
- I focus on achievement to the detriment of my personal relationships.
- They want more of me than I care to give.*
- I boast about my accomplishments.
- I hurt others' feelings by wanting to do things alone.*
- I tend to keep a bit of distance between me and friends.*
- I'm a perfectionist.
- I try to get "too close."**
- I show more affection when I miss someone than when the person is right here.*
- I can be too critical.
- I tend to "retreat" when someone getting close to me starts to expect additional closeness.*

I Believe:

- It's OK to present yourself in a manner that makes others see you in the best light.
- Loving someone means never having him or her feel alone.**
- It's very hard to tell someone you love him or her.*
- It's much more important to have friends than to be considered successful.**
- Winning is among the best things in life.
- People who need people are the luckiest people in the world.**
- No one likes losers.
- Winning doesn't matter—I just want everyone to get along.**
- Being too close to others is unsafe.*
- Being placed in isolation is the worst punishment possible.**
- Even when everyone thinks I'm great, I often think I'm not doing enough.
- The best way to show people you love them is to never want to be away from them.**

(continued)

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- If I get too connected, I'll be too much for people.*
- When someone wants you to do things on your own, it means he or she doesn't care about you.**
- People are often trying to control or manipulate me.*
- If I argue with someone, I might lose him or her.**
- A few friends is plenty.*
- My opinions aren't that important.**
- I try to have amazingly outstanding friends.
- It's more important to stay connected to someone than to be right.**
- I constantly have to prove myself with my work and studies.
- Other people know how to do things better than me.**
- Other people's needs can leave little room for me the closer they get.*
- If I could take care of myself, people wouldn't take care of me.**
- I have a very special purpose for my life.
- People can be vicious when you make a mistake.
- Independence means nothing if you don't have someone who cares about you.**
- Even when I do things right, I'm probably an imposter.
- It's OK to ask for help even when you can figure it out yourself.**
- Anything I do that I'm really proud of I worry I won't be able to do again.
- It's important to be really good at what I do even if no one knows it.*
- Having children means you don't have to feel alone.**
- When people can see how good I am, everything in life is better.
- When people get close, they can emotionally smother you.*
- Even when I am wrong I have a hard time admitting it.

Scoring

Now add up the number of items you checked that are **bold**, underlined, and *italic* and enter each number below.

Bold: _____

Underlined: _____

Italic: _____



YOUR CORE SENSITIVITY IN ADULT RELATIONSHIPS

What do the relationships you've had as an adult tell you about your core sensitivity?

- Do you tend to worry about your spouse/partner leaving you?
- Are you often concerned about what your friends, neighbors, and acquaintances think of you and your partner as a couple?*
- Have you been comfortable with long-distance relationships (even if your partner was not)?**
- Does relying on your partner to take care of things make you feel closer to him or her?
- Have you broken up with a partner because the other person kept being critical of "every little thing"?*
- Have you had relationships end after you've been accused of being cold, withholding, commitment phobic, or simply not present?**
- Do you see your best friends only every few months?**
- Is your social life centered on a tight group of friends who all think alike?*
- Do you count on the advice of your close friends to help you make your decisions?
- Has it been important for you to be elected or appointed the captain of your sports teams, the chairman of your volunteer committee, or the leader of your social group?*
- Do your friends think of you as easygoing because you're OK with going along with whatever they want to do when you get together?
- Have you lost friends after being honest even when you knew it would hurt them?**
- Are ethics and integrity more important to you on the job than relationships?**
- If you're not the top performer at work, do you feel like a failure?*
- Do your annual reviews usually say you're a good team player but don't take enough initiative?
- Do you tend to take jobs where you can rely on your boss to mentor you?
- Do you prefer work that focuses on the product and doesn't involve a lot of interaction with others?**
- Do you believe that even though you're not necessarily the best, this can be remedied by being around those who are?*

Scoring

Now add up the number of items you checked that are **bold**, underlined, and *italic* and enter each number below.

Bold: _____ Underlined: _____ *Italic:* _____

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