

Instrument Title: Attitudes Toward Self (ATS)

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## ATS

Respond to each of the following statements by marking a number on your answer sheet. Do not leave any items blank. Please be as honest as you can throughout, and try not to let your answer to one item influence your answers to other items. There are no correct or incorrect answers. You are simply to express your own personal feelings. For each statement, indicate how much you agree or disagree with it, by choosing one of the following responses:

- 1 = I agree a lot
- 2 = I agree a little
- 3 = I'm in the middle--I neither agree nor disagree
- 4 = I DISagree a little
- 5 = I DISagree a lot

1. Compared to other people, I expect a lot from myself.
2. When even one thing goes wrong I begin to wonder if I can do well at anything at all.
3. I get angry with myself if my efforts don't lead to the results I wanted.
4. When it comes to setting standards for my behavior, I aim higher than most people.
5. I hardly ever let unhappiness over one bad time influence my feelings about other parts of my life.
6. When I don't do as well as I hoped to, I often get upset with myself.
7. I set higher goals for myself than other people seem to.
8. If I notice one fault of mine, it makes me think about my other faults.
9. I get unhappy with anything less than what I expected of myself.
10. A single failure can change me from feeling OK to seeing only the bad in myself.

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Reverse-code all items except 5

- High Standards = Items 1, 4, 7
- Self-Criticism = Items 3, 6, 9
- Generalization = Items 2, 5, 8, 10