### Self-reflectiveness

1. At times I have misunderstood other people’s attitudes towards me.
2. Other people may be more objective about the cause of my unpleasant experiences than I am.
3. I have jumped to conclusions too fast.
4. Some of my experiences that seemed very real may have been due to my imagination.
5. Some of the ideas that I was certain were true turned out to be false.
6. Even though I feel strongly that I was right I could be wrong.
7. If somebody points out that my beliefs are wrong I am willing to consider it.
8. There is often more than one possible explanation for why people act the way they do.
9. My unusual experiences may be due to me being extremely upset or stressed.

### Self-certainty

2. My interpretations of my experiences are definitively right.
3. If something feels right, it means that it is right.
4. I know better than anyone else what my problems are.
5. When people disagree with me, they are generally wrong.
6. I cannot trust other people’s opinion about my experiences.
7. I can trust my own judgment at all times.