

Personal Uniqueness Scale

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How well do the following statements describe you? Rate each statement using the following scale

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

1. ____ No one has gone through the things that I have gone through.
2. ____ I can't share how I feel because no one has ever felt this way.
3. ____ No one really understands me.
4. ____ I am very different than others my age.
5. ____ The way I view the world is very different from the way others view the world
6. ____ I wish other people could really understand what it's like to be me, but they just can't.
7. ____ I won't talk about my feelings because no one would understand them.
8. ____ No one has ever felt the way I do

Scoring Instructions

Add the scores across the 8 items. Higher scores indicate a greater tendency towards personal uniqueness.