

# Top Ten Clinical Assessment Tips for Overcontrol

1. Actions are non-mood dependent. Likely to display high distress tolerance, superior abilities in delaying gratification and high perseverance
2. High social obligation and dutifulness. Likely to make self-sacrifices in order to care for others and 'do the right thing'
3. Compulsive rehearsal, premeditation and planning
4. Generally serious, non-excitabile, and constrained in expression. They are not easily impressed.
5. Performance focused, high social comparisons, secretly competitive
6. Aloof and distant, slow to warm up, may feel different or detached from others, experiences low social connectedness.
7. Self-injurious behavior planned in advance, occurs in private, and rarely requires immediate medical attention.
8. Superior capacities for detail-focused processing and high moral certitude—'there is a right and wrong way to do things'
9. Positive mood states are often linked to a sense of accomplishment, e.g. resisting temptation, detecting errors, or dominating circumstances
10. Dislike the limelight, will work hard to avoid public displays of emotion; anger outbursts tend to occur only in private or among close others.

# Assessing Styles of Coping: Word-Pair Checklist

**Instructions:** Read the pair of words or phrases in each row and place a checkmark in the box next to the word or phrase that is more descriptive of you. Check only one box for each of the paired words or phrases (that is, use only one checkmark per row). If you are unsure which word best describes you, imagine what your friends or family members might say about you. To get your score, add up the number of checkmarks in each column. The column with more checkmarks represents your *overall* personality style, with a higher score for column A indicating a tendency to be more undercontrolled, and a higher score for column B indicating a tendency to be more overcontrolled, but a high score for either column does not necessarily indicate *maladaptive* undercontrolled or overcontrolled coping.

- | <b>A</b>               | <b>B</b>               |
|------------------------|------------------------|
| • impulsive            | • deliberate           |
| • impractical          | • practical            |
| • naive                | • worldly              |
| • vulnerable           | • aloof                |
| • risky                | • prudent              |
| • talkative            | • quiet                |
| • disobedient          | • dutiful              |
| • fanciful             | • realistic            |
| • fickle               | • constant             |
| • act without thinking | • think before acting  |
| • animated             | • restrained           |
| • changeable mood      | • stable mood          |
| • haphazard            | • orderly              |
| • wasteful             | • frugal               |
| • affable              | • reserved             |
| • impressionable       | • not easily impressed |
| • erratic              | • predictable          |
| • complaining          | • uncomplaining        |

**A**

- reactive
- careless
- playful
- intoxicated
- self-indulgent
- laid back
- unconventional
- dramatic
- brash
- obvious
- vacillating
- unrealistic
- gullible
- unpredictable
- dependent
- improper
- chaotic
- susceptible
- unstable
- volatile
- excitable
- lax
- unsystematic
- thoughtless
- inattentive
- short-lived
- perky
- passionate
- immediate gratification

**B**

- unreactive
- fastidious
- earnest
- clear-headed
- self-controlled
- hard-working
- conventional
- modest
- unobtrusive
- discreet
- determined
- sensible
- shrewd
- dependable
- independent
- proper
- organized
- impervious
- steadfast
- undemonstrative
- stoical
- precise
- structured
- thoughtful
- attentive
- enduring
- despondent
- indifferent
- delay gratification

