**Abbreviated SYMLOG form\***

Directions:

When you interact with teams, in general, what kinds of values or traits do you expect others will rate you as showing in your behaviors? Would they rate you a showing each trait rarely, sometimes or often? For each trait below, circle the number in the appropriate column (disregard the code letters at the start of each row).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Code | Trait | Rarely | Sometimes | Often |
| U | Dominant | 0 | 6 | 12 |
| UPF | Persuasive | 0 | 3 | 6 |
| UNF | Moralistic | 0 | 3 | 6 |
| UNB | Rebellious | 0 | 3 | 6 |
| UBP | Warm | 0 | 3 | 6 |
| P | Equalitarian | 0 | 6 | 12 |
| F | Task-oriented | 0 | 6 | 12 |
| N | Selfish | 0 | 6 | 12 |
| B | Unpredictable | 0 | 6 | 12 |
| DPF | Responsible | 0 | 3 | 6 |
| DNF | Self-sacrificing | 0 | 3 | 6 |
| DNB | Withdrawn | 0 | 3 | 6 |
| DPB | Contented | 0 | 3 | 6 |
| D | Silent | 0 | 6 | 12 |

Scoring:

1. For each of the following codes, add up the five numbers that you have circled for the respective five rows slowing that code. For instance, for “U” simply add up the circled numbers on the first 5 rows. And so on.

U \_\_\_\_\_\_\_ D \_\_\_\_\_\_\_ P \_\_\_\_\_\_\_ N \_\_\_\_\_\_\_ F \_\_\_\_\_\_\_ B \_\_\_\_\_\_\_

2. In the line below, calculate your net 2\*UP score by subtracting D from U, and so on.

2\*UP is U-D = \_\_\_\_\_\_\_ 2\*POS is P-N = \_\_\_\_\_\_\_\_ 2\*FWD is F-B = \_\_\_\_\_\_\_

3. In the line below, divide each of the above three numbers in half and enter the result.

UP = ½ of 2\*UP \_\_\_\_\_\_\_ POS = ½ of 2\*POS \_\_\_\_\_\_\_ FWD = ½ of 2\*FWD \_\_\_\_\_\_\_

4. Diagram

a. Plot FWD on the vertical axis

b. POS on the horizontal axis

c. From the spot where they meet, draw a circle based on the number of UP with roughly the following sizes:

 -9: can barely see it ; -6: small button; -3 little less than a dime; : 3: dime, 6: penny, 9: nickel

\*based on Blumberg, H. H. (2006). A simplified version of the SYMLOG trait rating form. *Psychological Reports, 99,* 46-50.