# Appendix B: The 3D-WS-12 Inventory

**Cognitive Dimension**

1. A problem has little attraction for me if I don’t think it has a solution.

2. I try to anticipate and avoid situations where there is a likely chance, I will have to think in depth about something.

3. I prefer just to let things happen rather than try to understand why they turned out that way.

4. I am hesitant about making important decisions after thinking about them.

**Reflective Dimension**

5. When I am confused by a problem, one of the first things I do is survey the situation and consider all the relevant pieces of information (reversed).

6. Sometimes I get so charged up emotionally that I am unable to consider many ways of dealing with my problems.

7. When I look back on what has happened to me, I can’t help feeling resentful.

8. I either get very angry or depressed if things go wrong.

**Affective (Compassionate) Dimension**

9. I can be comfortable with all kinds of people (reversed).

10. Sometimes I feel a real compassion for everyone (reversed).

11. I don’t like to get involved in listening to another person’s troubles.

12. I’m easily irritated by people who argue with me.

*Note.* Response options range from 1 = strongly agree or definitely true of myself through 5 = strongly disagree or not of myself.