

Twenty Statements Test

Name: _____ Age: _____

Examiner: _____ Date: _____

Instructions for the client

Please provide 20 answers to "Who am I?" in the spaces below. Feel free to express yourself with a variety of statements. Let your thoughts flow naturally, and write your answers in the order they come to mind. All responses are valuable, regardless of their perceived logic or importance. We encourage you to move through this exercise comfortably, aiming to complete it within 12 minutes.

The 20 statements

1.	I am
2.	I am
3.	I am
4.	I am
5.	I am
6.	I am
7.	I am
8.	I am
9.	I am
10.	I am
11.	I am
12.	I am
13.	I am
14.	I am
15.	I am
16.	I am
17.	I am
18.	I am
19.	I am
20.	I am

Instructions for the healthcare professional

Organize the respondent's answers into the following categories:

- Social groups and classifications
- Ideological beliefs
- Interests
- Ambitions
- Self-evaluations

Once organized, use the statements to measure your client's assumptions and self-attitudes.

Kuhn, M. H., & McPartland, T. S. (1954). An empirical investigation of self-attitudes. *American Sociological Review*, *19*(1), 68–76. <https://doi.org/10.2307/2088175>

Kuhn, M. H. (1960). Self-Attitudes by age, sex, and professional training. *The Sociological Quarterly*, *1*(1), 39–55. <https://doi.org/10.1111/j.1533-8525.1960.tb01459.x>