

Inner Compass Questionnaire

Answer the questions below considering how you relate yourself to having the "Good Girl Syndrome". 1 being strongly disagree and 5 strongly agreeing

You take care of others' needs before attending to your own?

1 2 3 4 5

You change your preferences to align with others?

1 2 3 4 5

You struggle to say no?

1 2 3 4 5

You make decisions based on the opinions of others?

1 2 3 4 5

You feel being obedient is the only way to get love and acceptance?

1 2 3 4 5

You think you are responsible for other people's feelings?

1 2 3 4 5