

## Assessment: The Twenty Statements Test

**Instructions:** There are 20 numbered blanks on the page. Write 20 different answers to the question “Who am I?” in these blanks. Answer as if you were talking to yourself, not another person. There are no right or wrong answers. Simply write things down in the order that they occur to you.

### WHO AM I?

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

*Adapted from “An Empirical Investigation of Self Attitudes,” by M. H. Kuhn and T. S. McPartland, 1954, American Sociological Review, 19, 68–76.*

1. Notice the words used to describe yourself. What did you emphasize? What do you notice?
2. Did you include any of these typical descriptors?
  - a. Physical description (height, weight, skin color, eye color)
  - b. Social roles (student, spouse, employee, parent)
  - c. Personal traits (competitive, adventurous, quiet)
  - d. Existential statements (spirituality or values statements such as “I believe in equality for all.”)
3. What did you learn about yourself? Others?
4. How might this new knowledge assist you in cross-cultural interactions?