

英文版“8个朋友”测试提示：

- 1.进入：www.vitalfriends.com 网站。
- 2.点击“SIGN IN”（登陆）按钮。
- 3.第一次进入网站时必须注册，建立自己的账号。请点击“REGISTER”（注册）按钮，你可以打开封面内侧找到测试密码，并在“ID Code”内输入，然后点击“VALIDATE”按钮进行验证，同时完成注册，设置你的用户名及密码。
- 4.完成注册后，你就可以进行“8个朋友测验”，建立自己的网站和“朋友”数据库。以后再登陆该网站时，你只需输入用户名及密码即可进入。
- 5.“Vital Friends”测试一共有65道英文测试题，我们将英文原题翻译成中文，以缩短您答题的时间。每次测试时，题目的顺序可能都不一样，我们建议您在测试前阅读我们提供的中英文题目。

测试流程图：

1. 进入 www.vitalfriends.com 首页，点击“SIGN IN”（登陆）按钮。



2. 进入登陆主页面，第一次进入网站时必须注册，建立自己的账号。请点击“REGISTER”（注册）按钮。已经注册过的用户，请直接输入用户名和密码进入。

VITAL FRIENDS

Sign In

Registered Users
Please sign in with the user name and password you used when you registered.

User name (usually your e-mail address)

Password

Remember me. Warning: This is not recommended if you are using a public computer.

SIGN IN ▶

[Forgot your password?](#)

New Users
Please click the **Register** button below to begin the registration process. You will need your unique Vital Friends ID code to register.

REGISTER

第一次登陆，请先点击“REGISTER”注册

已经注册过的用户，请直接输入用户名密码进入

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3.新用户注册页面。

你可以打开封面内侧找到测试密码，并在“ID Code”内输入，然后点击“VALIDATE”按钮进行验证。同时设置你的用户名及密码，完成注册。

VITAL FRIENDS

New User

Validate Your Vital Friends ID Code
Please enter your unique Vital Friends ID code in the space below. Then click the **Validate** button.

ID Code:

VALIDATE ▶

In order to access the Vital Friends web site, you must have a valid access code. To obtain a code, you may purchase a book.

PURCHASE



在“ID Code”内输入本书前勒口提供的密码

然后点击“VALIDATE”验证

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4.点击主菜单“Add a Friend”，进入朋友信息登记页面

VITAL FRIENDS

Friends

Add a Friend

Invite a Friend

Journal

Resources

Purchase

Add a Friend

添加朋友信息



REQUIRED

朋友的名字

Friend's First Name

Friend's Last Name

Gender

Male

Female

性别

朋友的姓

OPTIONAL

电子邮箱地址

E-mail address

朋友的昵称

Nickname

Years as Friends

Choose One

朋友的兴趣

Hobbies

备注

Notes

NOTE: Photos must be in Graphics Interchange Format (gif), Joint Photographic Experts Group format (jpg), or Portable Network Graphics format (png). Photo file size cannot exceed 300 KB (30,000 bytes). For best viewing results on screen, photo dimensions should be 100 by 110 pixels.

Upload a photo

浏览...

CANCEL

你可以上传图片作为朋友的头像

5.准备测试窗口

VITAL FRIENDS

Friends | Add a Friend | Invite a Friend | Journal | Resources | Purchase

Take the Vital Friends Assessment



Now that you have identified this person as one of your Vital Friends, it's time to take the Vital Friends Assessment with this person in mind.

Gallup's research into friendships has identified eight Vital Roles that others play in our lives. The Vital Friends Assessment is designed to help you discover the most significant roles each Vital Friend plays in your life. After you take the assessment, you will get a list of the top three Vital Roles each friend plays in your life in order from greatest intensity to least intensity, based on your responses to the assessment.

When you have completed the assessment, a Vital Friends profile will be generated for this friend, containing his or her personal information and top three Vital Roles (see example). Please be assured that your responses to each item on the Vital Friends Assessment are 100% confidential.



When you are ready to begin, click the **Next** button below.



6.准备测试窗口 2，提示：每道题目只有 20 秒的反应时间。

VITAL FRIENDS

Friends | Add a Friend | Invite a Friend | Journal | Resources | Purchase

Take the Vital Friends Assessment



提示每道题只有
20秒的反应时间

The Vital Friends Assessment is a series of 65 statements per friend. Each statement is timed. You will have 20 seconds to make a choice, so trust your top-of-mind response.

If you have a reading disability and need to take the Vital Friends Assessment without a response timer, please contact the Vital Friends Support Team at (800) 364-2560 or by e-mail at vitalfriendshelp@gallup.com.

Once you have clicked "next," the first statement will appear. Remember, you will have 20 seconds to respond to each statement. For this reason, we recommend you take the Vital Friends Assessment in an environment that will allow uninterrupted focus.

Completion of the Vital Friends Assessment will take approximately 8-10 minutes per friend. If your session is interrupted, simply log on again, and you will be returned to the statement you were considering at the point of interruption.

Accompanying each statement is a progress bar, which will track your progress throughout the assessment.

If you are ready to start, click "next."



点击“NEXT”

7 测试提示：回答每道题目，请选择 1-5 之间的数。5 表示完全赞同，1 表示完全不赞同。

VITAL FRIENDS

[Friends](#) | [Add a Friend](#) | [Invite a Friend](#) | [Journal](#) | [Resources](#) | [Purchase](#)

Take the Vital Friends Assessment

Now, thinking about Lei, on a five-point scale, where 5 is strongly agree and 1 is strongly disagree, please rate your level of agreement with the following items: (Items appear on the following screen)

Next

点击“NEXT”

**提示：回答每道题目，请选择1-5之间的数。
5表示完全赞同，1表示完全不赞同**

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8 开始测试

Take the Vital Friends Assessment

题目

START  FINISH

Lei accepts me for who I am, even when others don't.

Strongly
disagree

Strongly
agree

Don't know/
Does not apply



1

2

3

4

5

请选择您的答案，并保证选择的时间不超过20秒。

Next

9.做完 65 道测试题后，恭喜你完成测试。

VITAL FRIENDS

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Add a Friend



Congratulations! You have successfully added a new friend!

Lei's Vital Friends profile page has been created and is now available from your Friends page. The Vital Friends profile allows you to:

- review and edit your friend's personal information
- discover your friend's relationship role
- learn more about how to create a more engaging relationship with your friend

Click the **Next** button to review this individual's profile.

NEXT ▶

**你已经完成测试，恭喜你成功添加一位朋友。
点击“NEXT”，你可以看到这位朋友的概况**

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10. 好友的信息页面

VITAL FRIENDS

[Friends](#) | [Add a Friend](#) | [Invite a Friend](#) | [Journal](#) | [Resources](#) | [Purchase](#)

Profile For: LiLei



LiLei

1 **ENERGIZER**

2 **NAVIGATOR** ▶

3 **COLLABORATOR** ▶

Energizers are your fun friends who always give you a boost. You have more positive moments when you are with these friends.

[点击可查看和打印测试报告](#)

[View and print full report >](#)

[This report has not been e-mailed](#)

[e-mail results to your friend >](#)

[点击可发送测试报告给这位朋友](#)

More about LiLei

Nickname:

LiLei

Hobbies:

football basketball

Years as Friend:

4

Notes:

E-mail:

bibidebi@163.com

[DELETE](#)

[UPDATE PROFILE](#)

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11. 好友的测试报告

VITAL FRIENDS

[Friends](#) | [Add a Friend](#) | [Invite a Friend](#) | [Journal](#) | [Resources](#) | [Purchase](#)

Profile For: LiLei

Completed Date: 4/23/2010

[Printable Certificate](#)

Energizer

Energizers are your fun friends who always give you a boost. You have more positive moments when you are with these friends.

Navigator

Navigators are the friends who give you advice and keep you headed in the right direction. You go to them whenever you need guidance, and they talk through the "pros" and "cons" with you until you find an answer.

Collaborator

A Collaborator is a friend with similar interests with whom you can easily relate. You might share a passion for sports, hobbies, religion, work, politics, food, music, films, or books.

[Return to your friends page.](#)

LiLei在你生命中的角色是：Energizer(开心果)、Navigator(导师)、Collaborator(同好)。您可查阅本书的相应章节。

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若你需要帮助，请将测试结果email给我们 vitalfriends@cyb.com.cn，我们将为你提供对应的中文版。

“Vital Friends”测试的65道英文测试题，和中文翻译如下。每次测试时，题目的顺序可能都不一样，我们建议您在测试前阅读我们提供的中英文题目。

1 XX points me in the right direction.

他/她会为你指出正确的方向。

2 XX invests in my development.

他/她为你的发展投入时间精力。

3 I am continually learning from XX.

你能不断地从他/她身上学到东西。

4 XX and I frequently dine together.

你和他/她经常一起吃饭。

5 XX is the first person I call with breaking news.

遇到重大事情时，你第一个打给他/她。

6 XX helps me to see how good I am.

他/她让你看到自己有多么优秀。

- 7 XX never lies to me.
他/她从不欺骗你。
- 8 I learn and grow because of XX.
因为有他/她，你才能不断收获和成长。
- 9 XX can always anticipate my next move.
他/她总能预见到你下一步的行动。
- 10 XX has an uncanny ability to sense my true feelings.
他/她能体会到你的真实感受。
- 11 XX and I share stories.
你们会分享很多事情。
- 12 XX and I frequently discuss our common interests.
你和他/她经常讨论你们共同的兴趣。
- 13 My friendship with XX makes me a better person.
你和他/她的友谊使你变得更加出色。
- 14 XX introduces me to people in key places and positions.
他/她会给你介绍身份地位较高的人。
- 15 XX tells other people how great I am.
他/她会告诉其他人你有多么优秀。
- 16 XX and I belong to the same club.
你和他/她在同一个社团。
- 17 I experience fewer negative emotions when I am around XX.
跟他/她在一起时你很少会产生负面情绪。
- 18 XX accepts me for who I am, even when others don't.
他/她会接受真实的你，即使他人不接受。
- 19 I love XX.
你喜欢他/她。
- 20 XX invites me to social gatherings.
他/她会邀请你参加一些社交活动。
- 21 XX helps me figure out how to get what I want.
他/她会帮你弄清应如何达成愿望。
- 22 XX is extremely generous with me.
他/她对你极为宽容。
- 23 XX sets me up for success.
他/她会引你走向成功。
- 24 XX stands up for me when I am not around.
你不在场时他/她会维护你的利益。
- 25 XX pushes me to achieve more.
他/她会敦促你要再接再厉。
- 26 I would not make an important decision without XX's input.
你做任何重大决定时一定要他/她的支持。
- 27 My comments are unfiltered with XX.
你会毫无保留地告诉他/她自己的观点。
- 28 XX always encourages me to attend social gatherings.
他/她总是鼓励我参加社交活动。

- 29 I share my wildest dreams with XX.
你会和他/她分享自己最疯狂的梦想。
- 30 I am more receptive to new ideas because of XX.
因为他/她的缘故，你更善于接受新鲜事物了。
- 31 XX has praised my work in the last seven days.
在过去的7天里他/她称赞过你的工作。
- 32 My friendship with XX expands my horizons.
你和他/她的友谊拓宽了你的视野。
- 33 I make it a point to discuss challenging goals with XX.
你很看重跟他/她一起探讨富有挑战性的目标。
- 34 XX takes risks for me
他/她会替你承担风险。
- 35 I look to XX for guidance.
你会向他/她寻求指导。
- 36 XX always asks me questions.
他/她总会问你一些问题。
- 37 XX is very proud of me.
他/她很为你感到骄傲。
- 38 I experience more positive emotions when I am around XX.
跟他/她在一起时你会产生更加积极的情绪。
- 39 XX always makes me smile.
他/她总能逗你开心。
- 40 XX has taken a specific action in the last seven days to increase my positive emotions.
在过去7天里，他/她有过一些特别的举动来增加你的积极情绪。
- 41 My conversations with XX are intellectually stimulating.
你跟他/她的谈话对你很有启迪意义。
- 42 XX makes me laugh every day.
他/她每天都会逗你开心。
- 43 XX never hesitates to give me open and honest feedback.
他/她会毫不犹豫地给出直接中肯的意见。
- 44 XX keeps my secrets.
他/她会替你保守秘密。
- 45 XX and I do things together socially.
他/她和你会一起参加社交活动。
- 46 XX knows everything about me--my favorite food, music, and other interests.
他/她了解关于我的一切——我最喜欢的事物，音乐，和其他的兴趣爱好。
- 47 XX has an uncanny ability to make me feel good.
他/她能为你带来好心情。
- 48 XX and I share a unique hobby or special interest.
他/她和你有一个共同的兴趣和爱好。
- 49 XX is very open to my ideas.
他/她很乐于接受你的想法。
- 50 XX and I enjoy the same activities.

他/她和你喜欢相同的活动。

51 XX helps me keep my head on my shoulders.

他/她可以使你保持清醒的头脑。

52 XX helps me to see what I am doing.

他/她可以使你看清自己究竟在做什么。

53 I would die for XX.

你愿为他/她舍弃生命。

54 XX makes sacrifices for me.

他/她会为你做出牺牲。

55 XX is always there for me.

他/她总会陪在你身边。

56 I take pride in telling everyone that XX is my friend.

你会很自豪地告诉别人他/她是你的朋友。

57 XX offers unsolicited kind words.

他/她会主动说一些贴心话。

58 My friendship with XX connects me to a network of friends.

你和他/她之间的友谊扩大了你的交友圈。

59 XX and I have similar goals.

你和他/她有相同的追求。

60 XX and I talk about shows we have seen or things we have read.

你会和他/她一起谈论刚看过的演出或刚读完的书籍。

61 XX gives me special gifts.

他/她会给你一些特别的礼物。

62 XX's strengths complement what I do best

你和他/她可以优势互补。

63 I would trust XX with my life.

你绝对信任他/她。

64 When I have a dilemma, XX comes to my rescue.

他/她会帮你摆脱困境。

65 XX and I have mutual friends.

你和他/她有共同的朋友。