|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Rarely**  | **Never**  | **Occasionally**  | **Often** | **Almost Always**  | **Always** |
| **1.** I plan tasks carefully  | □ | □ | □ | □ | □ | □ |
| **2.** I do things without thinking.  | □ | □ | □ | □ | □ | □ |  | □ |
| **3.** I make-up my mind quickly.  | □ | □ | □ | □ | □ | □ |   | □  |
| **4.** I am happy-go-lucky.  | □ | □ | □ | □ | □ | □ |
| **5.** I don’t pay attention. | □ | □ | □ | □ | □ | □ |
| **6.** I have ‘racing’ thoughts. | □ | □ | □ | □ | □ | □ |
| **7.** I plan trips well ahead of time.  | □ | □ | □ | □ | □ | □ |
| **8.** I am self-controlled. | □ | □ | □ | □ | □ | □ |
| **9.** I concentrate easily. | □ | □ | □ | □ | □ | □ |
| **10.** I save regularly. | □ | □ | □ | □ | □ | □ |
| **11.** I ‘squirm’ at plays or lectures. | □ | □ | □ | □ | □ | □ |
| **12.** I am a careful thinker. | □ | □ | □ | □ | □ | □ |
| **13.** I plan for job security | □ | □ | □ | □ | □ | □ |
| **14.** I say thinks without thinking. | □ | □ | □ | □ | □ | □ |
| **15.** I like to think about complex problems.  | □ | □ | □ | □ | □ | □ |
| **16.** I change jobs. | □ | □ | □ | □ | □ | □ |
| **17.** I act on impulse. | □ | □ | □ | □ | □ | □ |
| **18.** I get easily bored when solving thought problems. | □ | □ | □ | □ | □ | □ |
| **19.** I act on the spur of the moment. | □ | □ | □ | □ | □ | □ |
| **20.** I am a steady thinker. | □ | □ | □ | □ | □ | □ |
| **21.** I change residences. | □ | □ | □ | □ | □ | □ |
| **22.** I buy things on impulse. | □ | □ | □ | □ | □ | □ |
| **23.** I can only think about one thing at a time.  | □ | □ | □ | □ | □ | □ |
| **24.** I change hobbies. | □ | □ | □ | □ | □ | □ |
| **25.** I spend or charge more than I earn. | □ | □ | □ | □ | □ | □ |
| **26.** I often have extraneous thoughts when thinking. | □ | □ | □ | □ | □ | □ |
| **27.** I am more interested in the present than the future. | □ | □ | □ | □ | □ | □ |
| **28.** I am restless at the theater or lectures. | □ | □ | □ | □ | □ | □ |
| **29.** I like puzzles. | □ | □ | □ | □ | □ | □ |
| **30.** I am future oriented. | □ | □ | □ | □ | □ | □ |