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| --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly agree** | **Moderately agree** | **Slightly agree** | **Slightly disagree** | **Moderately disagree** | **Strongly disagree** |
| **1.**  Strenuous mental activity exhausts your resources, which you need to refuel afterwards (e.g. through taking breaks, doing nothing, watching television, eating snacks). | □ | □ | □ | □ | □ | □ |
| **2.**  After a strenuous mental activity, your energy is depleted and you must rest to get it refuelled again. | □ | □ | □ | □ | □ | □ |
| **3.**  When you have been working on a strenuous mental task, you feel energized and you are able to immediately start with another demanding activity.  | □ | □ | □ | □ | □ | □ |
| **4.** Your mental stamina fuels itself. Even after strenuous mental exertion, you can continue doing more of it. | □ | □ | □ | □ | □ | □ |
| **5.**  When you have completed a strenuous mental activity, you cannot start another activity immediately with the same concentration because you have to recover your mental energy again. | □ | □ | □ | □ | □ | □ |
| **6.**  After a strenuous mental activity, you feel energized for further challenging activities. | □ | □ | □ | □ | □ | □ |
| **7.**  Resisting temptations makes you feel more vulnerable to the next temptations that come along. | □ | □ | □ | □ | □ | □ |
| **8.** When situations accumulate that challenge you with temptations, it gets more and more difficult to resist the temptations. | □ | □ | □ | □ | □ | □ |
| **9.** If you have just resisted a strong temptation, you feel strengthened and you can withstand any new temptations. | □ | □ | □ | □ | □ | □ |
| **10.**  It is particularly difficult to resist a temptation after resisting another temptation right before.  | □ | □ | □ | □ | □ | □ |
| **11.** Resisting temptations activates your willpower and you become even better able to face new upcoming temptations.  | □ | □ | □ | □ | □ | □ |
| **12.** Your capacity to resist temptations is not limited. Even after you have resisted a strong temptation you can control yourself right afterwards. | □ | □ | □ | □ | □ | □ |