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| --- | --- | --- | --- | --- | --- |
|  | **Very uncharacteristic** | **Uncharacteristic** | **Neutral** | **Characteristic** | **Very characteristic** |
| **1.**  I believe that getting together with one's friends to party is one of life's important pleasures. | □ | □ | □ | □ | □ |
| **2.**  Familiar childhood sights, sounds, smells often bring back a flood of wonderful memories. | □ | □ | □ | □ | □ |
| **3.**  I often think of what I should have done differently in my life. | □ | □ | □ | □ | □ |
| **4.** My decisions are mostly influenced by people and things around me. | □ | □ | □ | □ | □ |
| **5.**  I believe that a person's day should be planned ahead each morning. | □ | □ | □ | □ | □ |
| **6.**  It gives me pleasure to think about my past. | □ | □ | □ | □ | □ |
| **7.**  I do things impulsively. | □ | □ | □ | □ | □ |
| **8.** If things don't get done on time, I don't worry about it. | □ | □ | □ | □ | □ |
| **9.** When I want to achieve something, I set goals and consider specific means for reaching those goals. | □ | □ | □ | □ | □ |
| **10.**  On balance, there is much more good to recall than bad in my past. | □ | □ | □ | □ | □ |
| **11.** When listening to my favorite music, I often lose all track of time. | □ | □ | □ | □ | □ |
| **12.** Meeting tomorrow's deadlines and doing other necessary work comes before tonight's play. | □ | □ | □ | □ | □ |
| **13.** Since whatever will be will be, it doesn't really matter what I do. | □ | □ | □ | □ | □ |
| **14.** I enjoy stories about how things used to be in the 'good old times.' | □ | □ | □ | □ | □ |
| **15.** Painful past experiences keep being replayed in my mind. | □ | □ | □ | □ | □ |
| **16.** I try to live my life as fully as possible, one day at a time. | □ | □ | □ | □ | □ |
| **17.** It upsets me to be late for appointments. | □ | □ | □ | □ | □ |
| **18.** Ideally, I would live each day as if it were my last. | □ | □ | □ | □ | □ |
| **19.** Happy memories of good times spring readily to mind. | □ | □ | □ | □ | □ |
| **20.** I meet my obligations to friends and authorities on time. | □ | □ | □ | □ | □ |
| **21.** I've taken my share of abuse and rejection in the past. | □ | □ | □ | □ | □ |
| **22.** I make decisions on the spur of the moment. | □ | □ | □ | □ | □ |
| **23.** I take each day as it is rather than try to plan it out. | □ | □ | □ | □ | □ |
| **24.** The past has too many unpleasant memories that I prefer not to think about. | □ | □ | □ | □ | □ |
| **25.** It is important to put excitement in my life. | □ | □ | □ | □ | □ |
| **26.** I've made mistakes in the past that I wish I could undo. | □ | □ | □ | □ | □ |
| **27.** I feel that it's more important to enjoy what you're doing than to get work done on time. | □ | □ | □ | □ | □ |
| **28.** I get nostalgic about my childhood. | □ | □ | □ | □ | □ |
| **29.** Before making a decision, I weigh the costs against the benefits. | □ | □ | □ | □ | □ |
| **30.** Taking risks keeps my life from becoming boring. | □ | □ | □ | □ | □ |
| **31.** It is more important for me to enjoy life's journey than to focus only on the destination. | □ | □ | □ | □ | □ |
| **32.** Things rarely work out as I expected. | □ | □ | □ | □ | □ |
| **33.** It's hard for me to forget unpleasant images of my youth. | □ | □ | □ | □ | □ |
| **34.** It takes joy out of the process and flow of my activities, if I have to think about goals, outcomes, and products. | □ | □ | □ | □ | □ |
| **35.** Even when I am enjoying the present, I am drawn back to comparisons with similar past experiences. | □ | □ | □ | □ | □ |
| **36.** You can't really plan for the future because things change so much. | □ | □ | □ | □ | □ |
| **37.** My life path is controlled by forces I cannot influence. | □ | □ | □ | □ | □ |
| **38.** It doesn't make sense to worry about the future, since there is nothing that I can do about it anyway. | □ | □ | □ | □ | □ |
| **39.** I complete projects on time by making steady progress. | □ | □ | □ | □ | □ |
| **40.** I find myself tuning out when family members talk about the way things used to be. | □ | □ | □ | □ | □ |
| **41.** I take risks to put excitement in my life. | □ | □ | □ | □ | □ |
| **42.** I make lists of things to do. | □ | □ | □ | □ | □ |
| **43.** I often follow my heart more than my head. | □ | □ | □ | □ | □ |
| **44.** I am able to resist temptations when I know that there is work to be done. | □ | □ | □ | □ | □ |
| **45.** I find myself getting swept up in the excitement of the moment. | □ | □ | □ | □ | □ |
| **46.** Life today is too complicated; I would prefer the simpler life of the past. | □ | □ | □ | □ | □ |
| **47.** I prefer friends who are spontaneous rather than predictable. | □ | □ | □ | □ | □ |
| **48.** I like family rituals and traditions that are regularly repeated. | □ | □ | □ | □ | □ |
| **49.** I think about the bad things that have happened to me in the past. | □ | □ | □ | □ | □ |
| **50.** I keep working at difficult, uninteresting tasks if they will help me get ahead. | □ | □ | □ | □ | □ |
| **51.** Spending what I earn on pleasures today is better than saving for tomorrow's security. | □ | □ | □ | □ | □ |
| **52.** Often luck pays off better than hard work. | □ | □ | □ | □ | □ |
| **53.** I think about the good things that I have missed out on in my life. | □ | □ | □ | □ | □ |
| **54.** I like my close relationships to be passionate. | □ | □ | □ | □ | □ |
| **55.** There will always be time to catch up on my work | □ | □ | □ | □ | □ |