|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Agree strongly** | **Agree some** | **Disagree some** | **Disagree strongly** |
| **1.**  I have a reserved and cautious attitude toward life. | □ | □ | □ | □ |
| **2.**  I have trouble controlling my impulses. | □ | □ | □ | □ |
| **3.**  I generally seek new and exciting experiences and sensations. | □ | □ | □ | □ |
| **4.** When I am very happy, I can’t seem to stop myself from doing things that can have bad consequences. | □ | □ | □ | □ |
| **5.**  My thinking is usually careful and purposeful. | □ | □ | □ | □ |
| **6.**  I have trouble resisting my cravings (for food, cigarettes, etc.). | □ | □ | □ | □ |
| **7.**  I'll try anything once. | □ | □ | □ | □ |
| **8.** I tend to give up easily. | □ | □ | □ | □ |
| **9.** When I am in great mood, I tend to get into situations that could cause me problems. | □ | □ | □ | □ |
| **10.**  I am not one of those people who blurt out things without thinking. | □ | □ | □ | □ |
| **11.** I often get involved in things I later wish I could get out of. | □ | □ | □ | □ |
| **12.** I like sports and games in which you have to choose your next move very quickly. | □ | □ | □ | □ |
| **13.** Unfinished tasks really bother me. | □ | □ | □ | □ |
| **14.** When I am very happy, I tend to do things that may cause problems in my life. | □ | □ | □ | □ |
| **15.** I like to stop and think things over before I do them. | □ | □ | □ | □ |
| **16.** When I feel bad, I will often do things I later regret in order to make myself feel better now. | □ | □ | □ | □ |
| **17.** I would enjoy water skiing. | □ | □ | □ | □ |
| **18**. Once I get going on something I hate to stop. | □ | □ | □ | □ |
| **19.** I tend to lose control when I am in a great mood. | □ | □ | □ | □ |
| **20.** I don't like to start a project until I know exactly how to proceed. | □ | □ | □ | □ |
| **21.** Sometimes when I feel bad, I can't seem to stop what I am doing even though it is making me feel worse. | □ | □ | □ | □ |
| **22.** I quite enjoy taking risks. | □ | □ | □ | □ |
| **23.** I concentrate easily. | □ | □ | □ | □ |
| **24.** When I am really ecstatic, I tend to get out of control. | □ | □ | □ | □ |
| **25**. I would enjoy parachute jumping. | □ | □ | □ | □ |
| **26.** I finish what I start. | □ | □ | □ | □ |
| **27.** I tend to value and follow a rational, 'sensible' approach to things. | □ | □ | □ | □ |
| **28.** When I am upset I often act without thinking. | □ | □ | □ | □ |
| **29.** Others would say I make bad choices when I am extremely happy about something. | □ | □ | □ | □ |
| **30.** I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional. | □ | □ | □ | □ |
| **31.** I am able to pace myself so as to get things done on time. | □ | □ | □ | □ |
| **32.** I usually make up my mind through careful reasoning. | □ | □ | □ | □ |
| **33.** When I feel rejected, I will often say things that I later regret. | □ | □ | □ | □ |
| **34.** Others are shocked or worried about the things I do when I am feeling very excited. | □ | □ | □ | □ |
| **35.** I would like to learn to fly an airplane. | □ | □ | □ | □ |
| **36.** I am a person who always gets the job done. | □ | □ | □ | □ |
| **37.** I am a cautious person. | □ | □ | □ | □ |
| **38.** It is hard for me to resist acting on my feelings. | □ | □ | □ | □ |
| **39.** When I get really happy about something, I tend to do things that can have bad consequences. | □ | □ | □ | □ |
| **40.** I sometimes like doing things that are a bit frightening. | □ | □ | □ | □ |
| **41.** I almost always finish projects that I start. | □ | □ | □ | □ |
| **42.** Before I get into a new situation I like to find out what to expect from it. | □ | □ | □ | □ |
| **43.** I often make matters worse because I act without thinking when I am upset. | □ | □ | □ | □ |
| **44**. When overjoyed, I feel like I can’t stop myself from going overboard. | □ | □ | □ | □ |
| **45.** I would enjoy the sensation of skiing very fast down a high mountain slope. | □ | □ | □ | □ |
| **46.** Sometimes there are so many little things to be done that I just ignore them all. | □ | □ | □ | □ |
| **47.** I usually think carefully before doing anything. | □ | □ | □ | □ |
| **48.** When I am really excited, I tend not to think of the consequences of my actions. | □ | □ | □ | □ |
| **49.** In the heat of an argument, I will often say things that I later regret. | □ | □ | □ | □ |
| **50.** I would like to go scuba diving. | □ | □ | □ | □ |
| **51.** I tend to act without thinking when I am really excited. | □ | □ | □ | □ |
| **52.** I always keep my feelings under control. | □ | □ | □ | □ |
| **53.** When I am really happy, I often find myself in situations that I normally wouldn't be comfortable with. | □ | □ | □ | □ |
| **54.** Before making up my mind, I consider all the advantages and disadvantages. | □ | □ | □ | □ |
| **55.** I would enjoy fast driving. | □ | □ | □ | □ |
| **56.** When I am very happy, I feel like it is ok to give in to cravings or overindulge. | □ | □ | □ | □ |
| **57.** Sometimes I do impulsive things that I later regret. | □ | □ | □ | □ |
| **58.** I am surprised at the things I do while in a great mood. | □ | □ | □ | □ |