**Self-Monitoring Questionnaire**

The statements below concern your personal reactions to a number of different situations. No two statements are exactly alike, so consider each statement carefully before answering. If a statement is TRUE or MOSTLY TRUE as applied to you, circle the **True** response. If a statement is FALSE or NOT USUALLY TRUE as applied to you, circle the **False** response.

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| 1. I find it hard to imitate other people. | True | ***False*** |
| 2. At parties and social gatherings, I do not attempt to do or say things that others will like. | True | ***False*** |
| 3. I can only argue for ideas that I already believe. | True | ***False*** |
| 4. I can make impromptu speeches even on topics which I have almost no information. | ***True*** | False |
| 5. I guess I put on a show to impress or entertain others. | ***True*** | False |
| 6. I would probably make a good actor. | ***True*** | False |
| 7. In a group of people I am rarely the centre of attention. | True | ***False*** |
| 8. In different situations and with different people, I often act like very different people. | ***True*** | False |
| 9. I am not particularly good at making other people like me. | True | ***False*** |
| 10. I'm not always the person I appear to be. | ***True*** | False |
| 11. I would not change my opinions (or the way I do things) in order to please someone or win their favour. | True | ***False*** |
| 12. I have considered being an entertainer | ***True*** | False |
| 13. I have never been good at games like charades or improvised acting. | True | ***False*** |
| 14. I have trouble changing my behaviour to suit different people and different situations. | True | ***False*** |
| 15. At a party I let others keep the jokes and stories going. | True | ***False*** |
| 16. I feel a bit awkward in company and do not show up quite as well as I should. | True | ***False*** |
| 17. I can look anyone in the eye and tell a lie with a straight face (if for a right end). | ***True*** | False |
| 18. I may deceive people by being friendly when I really dislike them. | ***True*** | False |

Add up the number of times your responses match the ones in bold/italics.

Notes: Your analysis and interpretation of this test in terms of your self-awareness.