SELF-MONITORING SCALE

Developed by Mark Snyder (1974)

DIRECTIONS: 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 "T"** next to the question. If a statement is FALSE or NOT USUALLY TRUE as applied to you, **circle the "F"** next to the question.

(T) (F) 1. I find it hard to imitate the behavior of other people.

(T) (F) 2. My behavior is usually an expression of my true inner feelings, attitudes, and beliefs.

(T) (F) 3. At parties and social gatherings, I do not attempt to do or say things that others will like.

(T) (F) 4. I can only argue for ideas which I already believe.

(T) (F) 5. I can make impromptu speeches even on topics about which I have almost no information.

(T) (F) 6. I guess I put on a show to impress or entertain people.

(T) (F) 7. When I am uncertain how to act in a social situation, I look to the behavior of others for cues.

(T) (F) 8. I would probably make a good actor.

(T) (F) 9. I rarely seek the advice of my friends to choose movies, books, or music.

(T) (F) 10. I sometimes appear to others to be experiencing deeper emotions than I actually am.

(T) (F) 11. I laugh more when I watch a comedy with others than when alone.

(T) (F) 12. In groups of people, I am rarely the center of attention.

(T) (F) 13. In different situations and with different people, I often act like very different persons.

(T) (F) 14. I am not particularly good at making other people like me.

(T) (F) 15. Even if I am not enjoying myself, I often pretend to be having a good time.

(T) (F) 16. I'm not always the person I appear to be.

(T) (F) 17. I would not change my opinions (or the way I do things) in order to please someone else or win their favor.

(T) (F) 18. I have considered being an entertainer.

(T) (F) 19. In order to get along and be liked, I tend to be what people expect me to be rather than anything else.

(T) (F) 20. I have never been good at games like charades or improvisational acting.

(T) (F) 21. I have trouble changing my behavior to suit different people and different situations.

(T) (F) 22. At a party, I let others keep the jokes and stories going.

(T) (F) 23. I feel a bit awkward in company and do not show up quite as well as I should.

(T) (F) 24. I can look anyone in the eye and tell a lie with a straight face (if for a right end).

(T) (F) 25. I may deceive people by being friendly when I really dislike them.