DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly.

①	2	3		4)		
Rarely/Never	Occasionally	Often	Almost Always/Always			
1 I plan tasks carefully.			1	2	3	4
2 I do things without thinking.			①	2	3	4
3 I make-up my mind quickly.			①	2	3	4
4 I am happy-go-lucky.			①	2	3	4
5 I don't "pay attention."			①	2	3	4
6 I have "racing" thoughts.			①	2	3	4
7 I plan trips well ahead of time.			①	2	3	4
8 I am self controlled.			①	2	3	4
9 I concentrate easily.			①	2	3	4
10 I save regularly.			①	2	3	4
11 I "squirm" at plays or lectures.			①	2	3	4
12 I am a careful thinker.			①	2	3	4
13 I plan for job security.			①	2	3	4
14 I say things without thinking.			①	2	3	4
15 I like to think about complex problems.			①	2	3	4
16 I change jobs.			①	2	3	4
17 I act "on impulse."			①	2	3	4
18 I get easily bored when solving thought problems.			①	2	3	4
19 I act on the spur of the moment.			①	2	3	4
20 I am a steady thinker.			①	2	3	4
21 I change residences.			①	2	3	4
22 I buy things on impulse.			①	2	3	4
23 I can only think about one thing at a time.			①	2	3	4
24 I change hobbies.			1	2	3	4
25 I spend or charge more than I earn.			①	2	3	4
26 I often have extraneous thoughts when thinking.			①	2	3	4
27 I am more interested in the present than the future.			1	2	3	4
28 I am restless at the theater or lectures.			1	2	3	4
29 I like puzzles.			①	2	3	4
30 I am future oriented.			1	2	3	4