

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 Rarely/Never	② Occasionally	③ Often	④ 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