

The Motivation for Solitude Scale - Short Form (MSS-SF)

Please take a moment to think about the time you spend alone. This could include the things you tend to do when you're alone, what you think about, and how you feel. Rate the importance of each of the following statements as a reason that you spend time alone.

For example, one item is "I enjoy the quiet." Remember, we are not asking you to rate the extent to which you enjoy the quiet when you are alone, but the IMPORTANCE of that as a reason that you spend time alone. If enjoying the quiet is a very important reason that you spend time alone, you should check "Very important." If it is not at all important as a reason you spend time alone, you should check "Not at all important."

"When I spend time alone, I do so because ..."

	Not at all Important	Somewhat Important	Moderately Important	Very Important
1) It sparks my creativity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) I enjoy the quiet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I feel anxious when I'm with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) Being alone helps me get in touch with my spirituality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) I don't feel liked when I'm with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) I can't be myself around others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) It helps me stay in touch with my feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) I regret things I say or do when I'm with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I feel uncomfortable when I'm with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) I value the privacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11) I can engage in activities that really interest me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12) I feel like I don't belong when I'm with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13) It helps me gain insight into why I do the things I do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14) I feel energized when I spend time with myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>