Read each statement and circle the appropriate number. Do not spend too much time on any statement. Answer quickly and honestly.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Rarely/Never** | **Occasionally** | **Often** | **Almost Always**  **/Always** |
| **I act “on impulse”** | 1 | 2 | 3 | 4 |
| **I do things without thinking** | 1 | 2 | 3 | 4 |
| **I concentrate easily** | 1 | 2 | 3 | 4 |
| **I plan tasks carefully** | 1 | 2 | 3 | 4 |
| **I get easily bored when solving thought problems** | 1 | 2 | 3 | 4 |

Read each statement and circle the appropriate number. Do not spend too much time on any statement. Answer quickly and honestly.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly agree** |
| **I should be upset if I make a mistake** | 1 | 2 | 3 | 4 | 5 |
| **I usually have doubts about the simple everyday things that I do** | 1 | 2 | 3 | 4 | 5 |
| **It takes me a long time to do things “right”** | 1 | 2 | 3 | 4 | 5 |
| **I hate being less than the best at things** | 1 | 2 | 3 | 4 | 5 |
| **People will probably think less of me if I make a mistake** | 1 | 2 | 3 | 4 | 5 |

The following questions pertain to the experiment you just took. Check the box that applies.

**Do you feel that the block length affected the speed of your response?** (i.e., did you respond faster or slower in the one-minute compared to the five-minute block?)

\_\_\_YES \_\_\_ NO

**Do you feel you were more accurate in the blocks that provided feedback?**

\_\_\_ YES \_\_\_ NO

**Do you feel that your performance improved throughout the experiment?**

\_\_\_ YES \_\_\_ NO

**If you have any additional comments, please provide them below:**