**[Sensation seeking scale](http://www.rta.nsw.gov.au/licensing/tests/driverqualificationtest/sensationseekingscale/index.html)**

**From the Zuckerman-Kuhlman Personality Questionnaire.**  
This test will help you determine the level of your sensation seeking disposition. This is based on the test developed by Prof. Marvin Zuckerman from the University of Delaware. Please complete the following questions. There are no right or wrong answers, everyone is an individual, just respond to the statement. For each statement, choose either true or false. If you do not like either choice, mark the choice you dislike the least.

Top of Form

1. I like to have new and exciting experiences and sensations even if they are a little frightening.  True  False
2. I like doing things just for the thrill of it.  True  False
3. I sometimes do "crazy" things just for fun.  True  False
4. I sometimes like to do things that are a little frightening.  True  False
5. I enjoy getting into new situations where you can't predict how things will turn out.  True  False
6. I'll try anything once.  True  False
7. I prefer friends who are excitingly unpredictable.  True  False
8. I like "wild" uninhibited parties.  True  False
9. I would like the kind of life where one is on the move and traveling a lot, with lots of change and excitement.  True False
10. I am an impulsive person.  True  False
11. I like to explore a strange city or section of town by myself, even if it means getting lost.  True  False
12. I would like to take off on a trip with no preplanned or definite routes or timetables.  True  False
13. Before I begin a complicated job, I make careful plans.  True  False
14. I very seldom spend much time on the details of planning ahead.  True  False
15. I tend to begin a new job without much advance planning on how I will do it.  True  False
16. I usually think about what I am going to do before doing it.  True  False
17. I often do things on impulse.  True  False
18. I often get so carried away by new and exciting things and ideas that I never think of possible complications.  True False
19. I tend to change interests frequently.  True  False

00 - 27% = Very Low  
28 - 41% = Low  
42 - 70% = Average  
71 - 84% = High  
85 - 100 = Very High