|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Name:** | Strictly agree | agree | neutral | disagree | Strictly disagree |
| 1 | To do anything, I first need other people’s approval. |  |  |  |  |  |
| 2 | I consider myself to be a very uptight and highly-strung person |  |  |  |  |  |
| 3 | I have yet to achieve anything I consider to be important in my life. |  |  |  |  |  |
| 4 | I am a man/woman of my word. |  |  |  |  |  |
| 5 | I feel different from most people and wish I was more like them. |  |  |  |  |  |
| 6 | I only partially believe in myself. |  |  |  |  |  |
| 7 | I feel I am a person of worth. |  |  |  |  |  |
| 8 | I have trouble taking criticism from other people. |  |  |  |  |  |
| 9 | I feel of equal value to other people, regardless of my performance, looks, IQ, achievements, or possessions |  |  |  |  |  |
| 10 | I take responsibility for my feelings, emotions, thoughts, and actions. I do not give others credit or blame for how I feel, think, or what I do. |  |  |  |  |  |
| 11 | I learn and grow from my mistakes rather than deny them or use them to confirm my unworthiness. |  |  |  |  |  |
| 12 | I nurture myself with kind, supportive self-talk. |  |  |  |  |  |

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Read each statement below and choose the word that best describes your behavior. Write the

corresponding number you choose on your paper.

Never – 1 Occasionally – 2 Often – 3 Always – 4

1. I feel I have to “cram” before an exam.

2. My homework is turned in on time.

3. I think I get enough sleep.

4. I pull all-nighters before mid-terms and finals.

5. I plan activities with friends or family for a couple of nights a week and spend the amount of time with

them that I planned.

6. When I’m working on a paper, I put off writing until a few days before it’s due.

7. I cancel social activities because I feel I don’t have enough time.

8. I get my papers in on time.

9. I find myself making a lot of excuses to my instructors about why my work isn’t done.

10. I feel comfortable about how I use time now.

11. I feel that something is hanging over my head, that I’ll never have enough time to do the work

assigned.

12. I feel tired.

Read each statement below and choose the word that best describes your behavior. Write the

corresponding number you choose on your paper.

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assigned. 12. I feel tired.

* To do anything, I first need other people’s approval. (Autonomy)
* I consider myself to be a very uptight and highly strung person. (Emotional Self-Concept)
* I have yet to achieve anything I consider to be important in my life. (Self-Fulfilment)
* I am a man/woman of my word. (Honesty)
* I feel different from most people and wish I was more like them. (Social)
* I only partially believe in myself. (Temperamental)
* I feel I am a person of worth. (Moral)
* I have trouble taking criticism from other people. (Temperamental)
* I feel of equal value to other people, regardless of my performance, looks, IQ, achievements, or possessions (or lack of them).
* I take responsibility for my feelings, emotions, thoughts, and actions. I do not give others credit or blame for how I feel, think, or what I do.
* I learn and grow from my mistakes rather than deny them or use them to confirm my unworthiness.
* I nurture myself with kind, supportive self-talk.

Participants respond with a score between zero and four as follows:

0 = I never think, feel, or behave this way.  
1 = I do less than half the time.  
2 = I do 50% of the time.  
3 = I do more than half the time.  
4 = I always think, feel, or behave this way.

Score A – Add up the numbers for questions 1,4,6,7,9,11, and 12. \_\_\_\_\_\_\_\_\_

Score B – Add up the numbers for questions 2,3,5,8, and 10. \_\_\_\_\_\_\_\_\_

If Score A is greater than Score B, you are probably a procrastinator. If Score A is less than Score B, you

manage your time well. If the scores are equal, you may procrastinate at times, but procrastination is not

a habit