

Personality Research Questions

Please read each statement carefully and decide how much you agree or disagree with it. Your answer should describe the way you feel most of the time. Please use the following rating system and place the number of your answer in the space before each item. Thank you.

	1	2	3	4	5	6
	Totally Disagree	Very Much Disagree	Slightly Disagree	Slightly Agree	Very Much Agree	Totally Agree
_____ 1	I worry about the future.					
_____ 2	I often set goals for myself					
_____ 3	I regularly make lists of things to do					
_____ 4	I talk to strangers on airplanes, buses, etc					
_____ 5	I do not like new situations.					
_____ 6	If I cannot complete a task, I give up					
_____ 7	I prefer activities that most people would consider dangerous					
_____ 8	I make friends quickly					
_____ 9	I am a worry free person most of the time.					
_____ 10	I prefer to engage in challenging tasks					
_____ 11	I don't like changing my plans at the last minute					
_____ 12	I often meet new people					
_____ 13	I feel at ease when speaking in front of an audience.					
_____ 14	In my work I do just enough to 'get by'					
_____ 15	I tend to live in the present rather than prepare for the future					
_____ 16	I have more fun when I am with friends than when I am alone					
_____ 17	I often feel uptight or on edge.					
_____ 18	I strive to complete my work even when it is very challenging					
_____ 19	I am spontaneous and like to make plans at the last minute					
_____ 20	When something happens to me, I immediately call someone to tell him or her about it					
_____ 21	Worrying prevents me from performing tasks.					
_____ 22	I always strive to do better					
_____ 23	I often speak without thinking first					
_____ 24	I prefer to look things up rather than ask others for help when I need it					
_____ 25	I typically take things as they come.					
_____ 26	I have a definite five year plan					
_____ 27	I live by the motto "you only live once"					
_____ 28	Meeting new people excites me					
_____ 29	I am afraid I will do or say the wrong things.					
_____ 30	I am persistent in completing tasks					
_____ 31	I make important decisions very quickly					
_____ 32	I am much more likely to go to a party than to read books by myself					
_____ 33	I spend more time worrying about finishing a paper than actually doing the paper.					
_____ 34	I feel bored if I have no specific task to do					
_____ 35	I engage in a lot of high risk activities					
_____ 36	I enjoy group outings					
_____ 37	My friends tell me that I worry too much.					
_____ 38	I am often called an over-achiever					
_____ 39	I often act without a plan					
_____ 40	I prefer spending time alone to spending it with others					
_____ 41	I give up when things aren't going my way.					
_____ 42	I would participate in a competition with others even if there was no tangible reward given to the winner					
_____ 43	I usually drive far above the speed limit					
_____ 44	I enjoy speaking in front of people					
_____ 45	I cannot concentrate when I am in stressful situations.					
_____ 46	I believe in the motto, "if at first you don't succeed, try try again"					

_____	47	I often end up in dangerous/risky situations because I failed to consider the consequences
_____	48	I enjoy participating in and contributing to conversations
_____	49	I often feel tense for no particular reason.
_____	50	I avoid situations that have a high risk of failure
_____	51	I avoid activities that involve potential harm/injury (reverse)
_____	52	I often avoid the company of others
_____	53	I frequently worry about things that end up being no big deal.
_____	54	I hope to be more successful than my peers in 10 years time
_____	55	I am always on time
_____	56	Social events make me nervous
_____	57	I am often overwhelmed or consumed by my worries.
_____	58	My ideal future is to not work much and live modestly
_____	59	I tend to act on the spur of the moment to get what I want
_____	60	I am tempted to talk to others even when talking is inappropriate
_____	61	I worry less about things than I probably should.
_____	62	I am particularly excited by success
_____	63	I'm a morning (as opposed to an evening) person
_____	64	I am likely to be the first to approach someone I know
_____	65	I worry about past events for many days after the event.
_____	66	I would rather succeed at an easy task than fail at a hard task
_____	67	My friends think I'm spontaneous
_____	68	I try to avoid speaking to people who are not well-known to me
_____	69	I am a nervous person most of the time.
_____	70	I hope to surpass the successes of my parents
_____	71	I prefer to deliberate over important decisions
_____	72	I consider myself to be a shy person
_____	73	It is hard for me to relax.
_____	74	I have a clear personal definition of success
_____	75	I prefer tasks that don't require detailed work
_____	76	I feel happiest when I am with others
_____	77	I cannot sleep if I have a lot to do.
_____	78	It is important to me that others consider me a successful person
_____	79	I am easily distracted
_____	80	I get bored spending time by myself
_____	81	I am interested in people.
_____	82	I am always prepared.
_____	83	I am skilled in handling social situations.
_____	84	I am full of ideas.
_____	85	I am not easily bothered by things.
_____	86	I am on good terms with nearly everyone.
_____	87	I am exacting in my work.
_____	88	I am the life of the party.
_____	89	I am good at many things.
_____	90	I am relaxed most of the time.
_____	91	I feel others' emotions.
_____	92	I continue until everything is perfect.
_____	93	I don't mind being the center of attention.
_____	94	I am quick to understand things.
_____	95	I rarely get irritated.
_____	96	I have a good word for everyone.
_____	97	I do things according to a plan.
_____	98	I feel at ease with people.
_____	99	I can handle a lot of information.
_____	100	I seldom feel blue.
_____	101	I have a soft heart.

S I N A M/F