

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
of my actions
- _____ 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.