

# Personality Research Questionnaire

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 very much.

1	2	3	4	5	6
Totally Disagree	Very Much Disagree	Slightly Disagree	Slightly Agree	Very Much Agree	Totally Agree

- \_\_\_ 1 I love to seek out new challenges
- \_\_\_ 2 I get nervous very easily
- \_\_\_ 3 I like to meet new people in everyday situations
- \_\_\_ 4 I am thoughtful and deliberate when making decisions
- \_\_\_ 5 Personal satisfaction is the best reward of a job well done
- \_\_\_ 6 I don't handle stress well
- \_\_\_ 7 I can easily start conversations with people I don't know
- \_\_\_ 8 I say things that I regret later
- \_\_\_ 9 I am a good multi-tasker
- \_\_\_ 10 I am easily bothered by negative reviews
- \_\_\_ 11 I tend to avoid social situations
- \_\_\_ 12 I weigh all the options carefully before making a choice
- \_\_\_ 13 I like to go the extra mile on a project or a job
- \_\_\_ 14 Measures of skill or intelligence make me nervous
- \_\_\_ 15 I tend to lead the conversation
- \_\_\_ 16 I tend to make decisions quickly
- \_\_\_ 17 I have high standards for the quality of my activity in everyday life
- \_\_\_ 18 I rarely feel tense
- \_\_\_ 19 I am good at maintaining a lively conversation
- \_\_\_ 20 I plan my activities in advance
- \_\_\_ 21 I am a perfectionist
- \_\_\_ 22 I feel stressed when I have a lot to do in a short amount of time
- \_\_\_ 23 I make friends easily
- \_\_\_ 24 I often change my plans at the last minute
- \_\_\_ 25 If I fail, I keep trying until I succeed
- \_\_\_ 26 I often feel anxious about future events
- \_\_\_ 27 I tend to enjoy small groups of people
- \_\_\_ 28 I dislike planning ahead
- \_\_\_ 29 I seek the enjoyment of winning
- \_\_\_ 30 I often feel tense, nauseous, and/or faint before a big event
- \_\_\_ 31 I tend to talk a lot in large groups
- \_\_\_ 32 I indulge in my desires on a whim
- \_\_\_ 33 I find myself needing to achieve whatever I start
- \_\_\_ 34 I have a hard time forgetting negative events
- \_\_\_ 35 I have a large social network
- \_\_\_ 36 When working on a necessary task and a more promising option arises, I keep working
- \_\_\_ 37 I get bored if a task is not challenging
- \_\_\_ 38 I often have unwanted and/or disturbing thoughts
- \_\_\_ 39 I'd rather spend time with others than spend time alone

Please continue to the next page.

- \_\_\_ 40 I act on sudden urges
- \_\_\_ 41 I always make sure anything attached to my name is top quality
- \_\_\_ 42 Even trivial problems greatly contribute to my stress level
- \_\_\_ 43 I am happier when I'm around other people
- \_\_\_ 44 I often regret decisions because I acted too quickly
- \_\_\_ 45 I prefer challenging tasks to easy ones
- \_\_\_ 46 I often have difficulty sleeping
- \_\_\_ 47 I enjoy being alone
- \_\_\_ 48 I tend to act on my gut feelings
- \_\_\_ 49 The joy of success is worth the hard work it takes to get there
- \_\_\_ 50 Even in non-stressful situations, I find things to worry about
- \_\_\_ 51 People are more likely to initiate a conversation with me than I am with them
- \_\_\_ 52 I often get sidetracked in the middle of an activity
- \_\_\_ 53 I only work as hard as I have to on tasks
- \_\_\_ 54 I feel tension in my body or face while in stressful situations
- \_\_\_ 55 I'll spend time talking to a friend even if I have something else that needs to be done
- \_\_\_ 56 I often and actively express my feelings to those around me
- \_\_\_ 57 I always reach the goals I set for myself
- \_\_\_ 58 I prefer to work in relaxed environments where I can take my time
- \_\_\_ 59 I prefer large crowded parties to small intimate ones
- \_\_\_ 60 I stay on task until a project is completed
- \_\_\_ 61 I experience great joy when my efforts pay off and I perform well on a task
- \_\_\_ 62 A small unpleasant event can ruin my day
- \_\_\_ 63 A good night for me is reading a book
- \_\_\_ 64 I dislike changing established plans
- \_\_\_ 65 I tend to have trouble getting motivated in my tasks
- \_\_\_ 66 I worry about what others think of me
- \_\_\_ 67 I am always willing to attend a party
- \_\_\_ 68 I always think before I act
- \_\_\_ 69 I tend to procrastinate and waste more time than most of my peers
- \_\_\_ 70 I bounce back quickly from unpleasant situations
- \_\_\_ 71 I don't understand how people can spend hours in the library alone
- \_\_\_ 72 I always stick to plans
- \_\_\_ 73 I set long term and sizeable goals for myself
- \_\_\_ 74 I tend to dwell on obstacles in the near future
- \_\_\_ 75 I work better when there are people around
- \_\_\_ 76 I sometimes look back and don't know why I made a certain decision
- \_\_\_ 77 I always see projects through to the finish
- \_\_\_ 78 I tend to back away from tasks I think are too difficult
- \_\_\_ 79 When given the choice, I will work alone rather than in a group
- \_\_\_ 80 I often say the first thing that comes to my mind
- \_\_\_ 81 I believe that if something is worth doing, it is worth doing well.
- \_\_\_ 82 I am more emotional than my friends
- \_\_\_ 83 I am a very sociable person.
- \_\_\_ 84 I am an impulsive person.