**Sensation Seeking**

For each statement, choose either true or false. If you do not like either choice, mark the choice you dislike the least.

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| --- | --- | --- |
|  | True | False |
| 1. I like to have new and exciting experiences and sensations even if they might be a little scary to me. |  |  |
| 1. I like to do certain things just for the thrill of it. |  |  |
| 1. I sometimes do crazy things just for fun. |  |  |
| 1. I sometimes like to do things that are a little frightening. |  |  |
| 1. I enjoy getting into new situations where I can't predict how things will turn out. |  |  |
| 1. I will try anything once. |  |  |
| 1. I prefer friends who are excitingly unpredictable. |  |  |
| 1. I tend to enjoy "wild" uninhibited parties. |  |  |
| 1. I would like the kind of life where I am on the move and traveling a lot, with lots of change and excitement. |  |  |
| 1. I tend to do things on impulse. |  |  |
| 1. I like to explore a strange city or section of town by myself, even if it means getting lost. |  |  |
| 1. I would like to take off on a trip with no preplanned or definite routes or timetables. |  |  |
| 1. Before I begin a complicated job or project, I tend to make careful plans.\* |  |  |
| 1. I very seldom spend much time on the details of planning ahead. |  |  |
| 1. I tend to start a new task or project, without much advance planning on how I will do it. |  |  |
| 1. I usually think about what I am going to do before doing it.\* |  |  |
| 1. I am generally an impulsive person. |  |  |
| 1. I often get so carried away by new and exciting things and ideas that I never stop to consider possible complications. |  |  |
| 1. I tend to change interests frequently. |  |  |

Scoring: True = 1; False = 0; \*reverse score #13 and #15. Sum the items. TOTAL SCORE: \_\_\_\_\_\_\_