Instructions:

Here are some questions regarding the way you behave, feel, and act. After each question is a space for answering 'Yes' or 'No'.

Try to decide whether 'Yes' or 'No' represents your way of acting or feeling. Then put a circle around 'Yes' or 'No'. Work quickly and don't spend too much time over any question; we want your first reaction, not a long-drawn-out thought process. The whole questionnaire should not take more than a few minutes. Be sure not to omit any question.

Work quickly and remember to answer every question. There are right or wrong answers and this isn't a test of intelligence or ability, but simply a measure of the way you behave.

(FORM A)

1. Do you often long for excitement?
   2. Do you often need understanding friends to cheer you up?
   3. Are you usually care-free?
   4. Do you find it very hard to take no for an answer?
   5. Do you stop & think things over before doing anything?
   6. If you say you will do something do you always keep your promise, no matter how inconvenient it be to do so?
   7. Does your mood often go up and down?
   8. Do you generally do and say things quickly without stopping to think?
   9. Do you ever feel just miserable for no good reason?
  10. Would you do almost anything for a dare?
  11. Do you suddenly feel shy when you want to talk to an attractive stranger?
  12. Once in a while do you lose your temper and get angry?
  13. Do you often do things on the spur of the moment?
  14. Do you often worry about things you should not have done or said?
  15. Generally, do you prefer reading to meeting people?
  16. Are your feeling rather easily hurt?
  17. Do you like going out a lot?
  18. Do you occasionally have thoughts and ideas that you would not like other people to know about?
  19. Are you sometimes bubbling over with energy and sometimes very sluggish?
23. Do you prefer to have few but special friends?  
24. Do you daydream a lot?  
25. When people shout at you, do you shout back?  
26. Are you often troubled about feelings of guilt?  
27. Are all your habits good and desirable ones?  
28. Can you usually let yourself go and enjoy yourself a lot at a gay party?  
29. Would you call yourself tense or highly strung?  
30. Do other people think of you as being very lively?  
31. After you have done something important do you often come away feeling you could have done better?  
32. Are you mostly quite when you are with other people?  
33. Do you like the kind of work that you need to pay close attention to?  
34. Do you get palpitations or thumping in your heart?  
35. Do you get attacks of shaking or trembling?  
36. Would you always declare everything at the customs, even if you knew that you could never be found out?  
37. Do you hate being with a crowd who play jokes on one another?  
38. Do you like doing things in which you have to act quickly?  
39. Are you an irritable person?  
40. Do you worry about awful things that might happen?  
41. Are you slow and unhurried in the way you move?  
42. Have you ever been late for an appointment or work?  
43. Do you have many nightmares?  
44. Do you like talking to people so much that you never miss a chance of talking to a stranger?  
45. Are you troubled by aches and pains?  
46. Would you be very unhappy if you could not see lots of people most of the time?  
47. Would you call yourself a nervous person?  
48. Of all the people you know are there some whom you definitely do not like?  
49. Would you say that you were fairly self-confident?  
50. Are you easily hurt when people find fault with you or your work?  
51. Do you find it hard to really enjoy yourself at a lively party?  
52. Are you troubled with feelings of inferiority?  
53. Can you easily get some life into a rather dull party?  
54. Do you sometimes talk about things you know nothing about?  
55. Do you worry about your health?  
56. Do you like playing pranks on others?  
57. Do you suffer from sleeplessness?