Appendix-VIII
Impulse Control Scale
Impulse Control scale

In life people behave differently based on different situations. This questionnaire consists of some statements based on different human behavior. Each statement has a number: 1, 2, 3, 4, 5. Read each statement carefully. If the behavioral trait mentioned in the questionnaire has never happened with you, mark or ring around 1. If it happened rarely, mark 2. If it happened sometime, mark 3. If it happened frequently, mark 4. If it happens always, mark 5. Please remember, for one question there is one answer. Do not think too long for answering one question. Whatever comes in your mind first answer accordingly. Do not leave any question. There is no specified answer for each question; hence whatever you think is correct, answer accordingly. If the instruction is clear to you, please start it.

<table>
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<th>Never</th>
<th>Rarely</th>
<th>Some</th>
<th>Frequently</th>
<th>Always</th>
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1. I easily hold back my tears when I am Sad.
2. I can not control my anger when I see My enemy.
3. I become disturbed when necessities Are not met.
4. I can not control my anxiety when There is an accident.
5. I can not hide my feelings from Others.
6. I do not lose my patience at any Point of time.
7. I feel difficulties when things are Not according to my wishes.
8. I can not stand anyone’s rude Behaviour.
9. I can still control my anger even If there is a false allegation against me.
10. Tears come out when I read a tragic novel.

11. I become irritated when my work gets disturbed.

12. I am successful in controlling my desires.

13. I cannot sleep properly when I am very happy.

14. I cannot concentrate on my work when I am away from my near and dear ones.

15. I become worried when I lose something.

16. I can hear even a long speech with full concentration.

17. I become irritated during argument on unnecessary issues.

18. I immediately take revenge if someone does anything unjustified.

19. I remain calm even if I am insulted.

20. I feel like crying when situations are against me.

21. I cannot forget my friends even when I am away from other.

22. I keep on trying even after failure.
23. I remain calm in dangerous situation.

24. I cannot tolerate physical pain.

25. I am able to control my anger successfully.

26. I feel angry when I see my things getting damaged.

27. I feel like throwing the plate away when the food is not up to my likings.

28. I cannot sleep when I am sad.

29. I still keep working even if there is an obstacle.

30. I keep my emotions under control.

31. I cannot stop laughing when I see someone fall flat.

32. The sight of blood makes me dizzy.

33. I do not get irritated if someone try to irritate me.

34. I get extremely perplexed when I hear death news.

35. I get puzzled when I do not get a solution to a problem.

36. I get angry even for small little things.

37. No matter whatever may be the situation my voice does not change.

38. I feel very bad even when my unjust demands are not accepted.
39. I go to bed immediately whenever I feel sleepy.

40. There is no limit for my happiness. When I get back something which I had lost before.

41. I speak slowly even during argument.

42. I do not face any problem in concentrating.

43. I can not tolerate if some one makes fun of me.

44. I do not find any difficulty in controlling myself.

45. Even I have to repent later I fulfill my wishes immediately.

46. I can not stop myself in getting lost in thoughts.

47. I just say whatever comes in my mind when I get angry.

48. I get worried when I think of problem which might crop up in future.

49. How sad I am I try to remain happy.

50. Whenever I see something beautiful I feel like getting it immediately.

51. If some one tries to irritate me I keep my trouble to myself.

52. I can not wait when food is in front of me.
53. If I like something in the market I try to buy it immediately.
54. I become anxious as I can not understand my own wishes.
55. I easily let go my desires.
56. I can go without water for hours.
57. Thoughts which goes in my mind.
   Keeps me disturbed.
58. When I get extremely happy I get worried thinking this phase might get over very soon.
59. I do not find any problem changing my old habits.
60. I get excited soon during scary situation.
61. I feel myself guilty even for small little things.
62. If some one behave rudely with me I return the same behaviour.
63. I do not scream in pain.
64. When some one speak loudly with me I start speaking to him in the same tone.
65. When I start crying my cry goes beyond my control.