

# All about YOU

Circle the best response for *each item*, describing how you feel. Don't over think it.  
Add your numbers at the end to find out more about your personality/temperamental styles.

- Q1. I am content.**  
Strongly Disagree 4      Disagree 3      Agree 2      Strongly Agree 1
- Q2. I often don't think things through before I speak.**  
Strongly Disagree 1      Disagree 2      Agree 3      Strongly Agree 4
- Q3. I would like to skydive.**  
Strongly Disagree 1      Disagree 2      Agree 3      Strongly Agree 4
- Q4. I am happy.**  
Strongly Disagree 4      Disagree 3      Agree 2      Strongly Agree 1
- Q5. I often involve myself in situations that I later regret being involved in.**  
Strongly Disagree 1      Disagree 2      Agree 3      Strongly Agree 4
- Q6. I enjoy new and exciting experiences even if they are unconventional.**  
Strongly Disagree 1      Disagree 2      Agree 3      Strongly Agree 4
- Q7. I have faith that my future holds great promise.**  
Strongly Disagree 4      Disagree 3      Agree 2      Strongly Agree 1
- Q8. It's frightening to feel dizzy or faint.**  
Strongly Disagree 1      Disagree 2      Agree 3      Strongly Agree 4
- Q9. I like doing things that frighten me a little.**  
Strongly Disagree 1      Disagree 2      Agree 3      Strongly Agree 4
- Q10. It frightens me when I feel my heart beat change.**  
Strongly Disagree 1      Disagree 2      Agree 3      Strongly Agree 4
- Q11. I usually act without stopping to think.**  
Strongly Disagree 1      Disagree 2      Agree 3      Strongly Agree 4
- Q12. I would like to learn how to drive a motorcycle.**  
Strongly Disagree 1      Disagree 2      Agree 3      Strongly Agree 4

<b>Q13. I feel proud of my accomplishments.</b>	Strongly Disagree 4	Disagree 3	Agree 2	Strongly Agree 1
<b>Q14. I get scared when I'm too nervous.</b>	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
<b>Q15. Generally, I am an impulsive person.</b>	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
<b>Q16. I am interested in experience for its own sake even if it is illegal.</b>	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
<b>Q17. I feel that I'm a failure.</b>	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
<b>Q18. I get scared when I experience unusual body sensations.</b>	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
<b>Q19. I would enjoy hiking long distances in wild and uninhabited territory.</b>	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
<b>Q20. I feel pleasant.</b>	Strongly Disagree 4	Disagree 3	Agree 2	Strongly Agree 1
<b>Q21. It scares me when I'm unable to focus on a task.</b>	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
<b>Q22. I feel I have to be manipulative to get what I want.</b>	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
<b>Q23. I am very enthusiastic about my future</b>	Strongly Disagree 4	Disagree 3	Agree 2	Strongly Agree 1

Source: Woicik PA, Stewart SH, Pihl RO, Conrod PJ (2009). The SURPS: a scale measuring traits linked to reinforcement.

# All about YOU Score Sheet

Awareness of 4 Genetically Influenced Dispositions. Note: there are no “right” or “wrong” answers. Be you!

**To self-score:**

- Place your response to items Q1-Q23 in the corresponding spaces below.
- For example, start by looking at your response to Q1, then place it in the space in one of the 4 boxes (HINT– In the hopelessness box see Q1 \_\_\_.)
- Then add up your total and circle your category Low, Medium, High.

<p style="text-align: center;"><b>IMPUSIVITY</b></p> <p>Add Q2 _____            Q5 _____            Q11 _____            Q15 _____            + Q22 _____            Total = _____</p> <p><i>Next, circle your category for impulsivity</i></p> <p>Under 9 = <b>Low</b>            9-14 = <b>Medium</b>            Over 14 = <b>High</b></p>	<p style="text-align: center;"><b>SENSATION SEEKING</b></p> <p>Add Q3 _____            Q6 _____            Q9 _____            Q12 _____            Q16 _____            + Q19 _____            Total = _____</p> <p><i>Next, circle your category for impulsivity</i></p> <p>Under 12 = <b>Low</b>            12-18 = <b>Medium</b>            Over 18 = <b>High</b></p>
<p style="text-align: center;"><b>ANXIETY SENSITIVITY</b></p> <p>Add Q8 _____            Q10 _____            Q14 _____            Q18 _____            + Q21 _____            Total = _____</p> <p><i>Next, circle your category for impulsivity</i></p> <p>Under 8 = <b>Low</b>            8-14 = <b>Medium</b>            Over 14 = <b>High</b></p>	<p style="text-align: center;"><b>NEGATIVE THINKING</b></p> <p>Add Q1 _____            Q4 _____            Q7 _____            Q13 _____            Q17 _____            Q20 _____            + Q23 _____            Total = _____</p> <p><i>Next, circle your category for impulsivity</i></p> <p>Under 8 = <b>Low</b>            8-14 = <b>Medium</b>            Over 14 = <b>High</b></p>

Scientists have known for decades that people are born with certain “genetic temperaments” that reflect differences in the ways our brains are wired. Temperaments are strong predictors of health, happiness and success in life. But remember: **Genetics is NOT destiny!** Awareness and strategies can empower us to use our genetic temperaments for success.