**Please indicate how strongly you agree or disagree with each of the following statements.**

1. **I often respond quickly and emotionally when something happens**
   - 1=strongly disagree
   - 2=disagree
   - 3=neutral
   - 4=agree
   - 5=strongly agree

2. **It's important to me to take time to plan out where I'm going in life**
   - 1=strongly disagree
   - 2=disagree
   - 3=neutral
   - 4=agree
   - 5=strongly agree

3. **I'm on my guard in most situations**
   - 1=strongly disagree
   - 2=disagree
   - 3=neutral
   - 4=agree
   - 5=strongly agree

4. **I let my emotions cool before I act**
   - 1=strongly disagree
   - 2=disagree
   - 3=neutral
   - 4=agree
   - 5=strongly agree

5. **I have many long-term goals that I will work to achieve**
   - 1=strongly disagree
   - 2=disagree
   - 3=neutral
   - 4=agree
   - 5=strongly agree

6. **I feel safe most places without having to be on the lookout for danger**
   - 1=strongly disagree
   - 2=disagree
   - 3=neutral
   - 4=agree
   - 5=strongly agree

7. **I keep a cool head when I am angry or frightened**
   - 1=strongly disagree
   - 2=disagree
   - 3=neutral
   - 4=agree
   - 5=strongly agree

8. **I don't think much about my long-term goals**
   - 1=strongly disagree
   - 2=disagree
   - 3=neutral
   - 4=agree
   - 5=strongly agree

9. **I'm not someone who worries about who's coming up behind me**
   - 1=strongly disagree
   - 2=disagree
   - 3=neutral
   - 4=agree
   - 5=strongly agree