

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