BSCS

Using the scale provided, please indicate how much each of the following statements reflects how you typically are.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Not at all1 | 2 | 3 | 4 | Very Much5 |
| 1. I am good at resisting temptation.                   | 1 | 2 | 3 | 4 | 5 |
| 2. I have a hard time breaking bad habits.              | 1 | 2 | 3 | 4 | 5 |
| 3. I am lazy.                                 | 1 | 2 | 3 | 4 | 5 |
| 4. I say inappropriate things.                         | 1 | 2 | 3 | 4 | 5 |
| 5. I do certain things that are bad for me, if they are fun.         | 1 | 2 | 3 | 4 | 5 |
| 6. I refuse things that are bad for me.                     | 1 | 2 | 3 | 4 | 5 |
| 7. I wish I had more self-discipline.                     | 1 | 2 | 3 | 4 | 5 |
| 8. People would say that I have iron self-discipline.             | 1 | 2 | 3 | 4 | 5 |
| 9. Pleasure and fun sometimes keep me from getting work done. | 1 | 2 | 3 | 4 | 5 |
| 10. I have trouble concentrating.                     | 1 | 2 | 3 | 4 | 5 |
| 11. I am able to work effectively toward long-term goals.         | 1 | 2 | 3 | 4 | 5 |
| 12. Sometimes I can’t stop myself from doing something,  even if I know it is wrong.       | 1 | 2 | 3 | 4 | 5 |
| 13. I often act without thinking through all the alternatives.         | 1 | 2 | 3 | 4 | 5 |