

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

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

Source: Woicik PA, Stewart SH, Pihl RO, Conrod PJ (2009). The Substance Use Risk Profile Scale: a scale measuring traits linked to reinforcement-specific substance use profiles. *Addictive Behaviors*, 34(12):1042-55.

All about YOU Score Sheet

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

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