

4=	Almost Always
3=	Often
2=	Occasionally
1=	Rarely/never

Non-planning	X
Motor impulsiveness	X
Cognitive impulsiveness	X

		your rating	1	2	3	4
1.	I plan tasks carefully		4	3	2	1
2.	I do things without thinking		1	2	3	4
3.	I make up my mind quickly		1	2	3	4
4.	I am happy go lucky		1	2	3	4
5.	I don't pay attention		1	2	3	4
6.	I have racing thoughts		1	2	3	4
7.	I plan trips well ahead of time		4	3	2	1
8.	I am self-controlled		4	3	2	1
9.	I concentrate easily		4	3	2	1
10.	I save regularly		4	3	2	1
11.	I squirm during plays or lectures		1	2	3	4
12.	I am a careful thinker		4	3	2	1
13.	I plan for job security		4	3	2	1
14.	I say things without thinking		1	2	3	4
15.	I like to think about complex problems		4	3	2	1
16.	I change jobs		1	2	3	4
17.	I act on impulse		1	2	3	4
18.	I get easily bored when solving problems		1	2	3	4
19.	I act on the spur of the moment		1	2	3	4
20.	I am a steady thinker		4	3	2	1
21.	I change where I live		1	2	3	4
22.	I buy things on impulse		1	2	3	4
23.	I can only think about one problem at a time		1	2	3	4
24.	I change hobbies		1	2	3	4
25.	I spend or charge more than I earn		1	2	3	4
26.	I spend or charge more than I earn		1	2	3	4
27.	I am more interested in the present than the future		1	2	3	4
28.	I am restless at the theatre or lectures		1	2	3	4
29.	I like puzzles		4	3	2	1
30.	I am future oriented		4	3	2	1