

## Are You a Sensation Seeker?

Answer each question according to the way you feel. Check the box if it is at least somewhat true for you; leave unchecked if it is not very true or not at all true for you.

- If it were safe, I would like to take a drug that would cause me to have strange new experiences.
- I can become almost painfully bored in some conversations.
- I would rather go to a new place I may not like than go back again to a place I know I like.
- I would like to try a sport that creates a physical thrill, like skiing, rock climbing, or surfing.
- I get restless if I stay home for long.
- I don't like waiting with nothing to do.
- I rarely watch a movie more than once.
- I enjoy the unfamiliar.
- If I see something unusual, I will go out of my way to check it out.
- I get bored spending time with the same people everyday.
- My friends say it is hard to predict what I will want to do.
- I like to explore a new area.
- I avoid having a daily routine.
- I am drawn to art that gives me an intense experience.
- I like substances that make me feel "high."
- I prefer friends who are unpredictable.
- I look forward to being in a place that is new and strange to me.
- To me, if I am spending the money to travel, the more foreign the country the better.
- I would like to be an explorer.
- I enjoy it when someone makes an unexpected sexual joke or comment that starts everyone laughing a little nervously.

#### FOR WOMEN

If you checked 11 or more of the items, you're probably a sensation seeker. If you checked 7 or fewer of the items, you are probably not a sensation seeker. If you checked 8, 9, or 10 of the items, you are probably somewhere in between on sensation seeking.

#### FOR MEN

If you checked 13 or more of the items, you're probably a sensation seeker. If you checked 9 or less of the items, you are probably not a sensation seeker. If you checked 10, 11, or 12 of the items, you are probably somewhere in between on sensation seeking.