

---

It is easy for me to break bad habits.

**1**

NOT AT ALL  
LIKE ME

**2**

A LITTLE  
LIKE ME

**3**

SOMEWHAT  
LIKE ME

**4**

MOSTLY  
LIKE ME

**5**

VERY MUCH  
LIKE ME

---

I don't get distracted easily.

**1**

NOT AT ALL  
LIKE ME

**2**

A LITTLE  
LIKE ME

**3**

SOMEWHAT  
LIKE ME

**4**

MOSTLY  
LIKE ME

**5**

VERY MUCH  
LIKE ME

---

I don't say inappropriate things.

**1**

NOT AT ALL  
LIKE ME

**2**

A LITTLE  
LIKE ME

**3**

SOMEWHAT  
LIKE ME

**4**

MOSTLY  
LIKE ME

**5**

VERY MUCH  
LIKE ME

---

I refuse things that are bad for me, even if they are fun.

**1**

NOT AT ALL  
LIKE ME

**2**

A LITTLE  
LIKE ME

**3**

SOMEWHAT  
LIKE ME

**4**

MOSTLY  
LIKE ME

**5**

VERY MUCH  
LIKE ME

---

I'm good at resisting temptation.

**1**

NOT AT ALL  
LIKE ME

**2**

A LITTLE  
LIKE ME

**3**

SOMEWHAT  
LIKE ME

**4**

MOSTLY  
LIKE ME

**5**

VERY MUCH  
LIKE ME

---

People would say that I have very strong self-discipline.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
NOT AT ALL LIKE ME	A LITTLE LIKE ME	SOMEWHAT LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

---

Most of the time I put work before pleasure.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
NOT AT ALL LIKE ME	A LITTLE LIKE ME	SOMEWHAT LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

---

I never do things that feel good in the moment if I know I will regret them later on.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
NOT AT ALL LIKE ME	A LITTLE LIKE ME	SOMEWHAT LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

---

I rarely act without thinking through all the alternatives.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
NOT AT ALL LIKE ME	A LITTLE LIKE ME	SOMEWHAT LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

---

I can usually stop myself from doing things that I know are wrong.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
NOT AT ALL LIKE ME	A LITTLE LIKE ME	SOMEWHAT LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

---