

Self-Handicapping Scale

Please indicate (by writing a number in the blank each item) the degree to which you agree with each of the following statements as a description of the kind of person you think you are most of the time. Use the following scale.

- 0 = disagree very much
- 1 = disagree pretty much
- 2 = disagree a little
- 3 = agree a little
- 4 = agree pretty much
- 5 = agree very much

- _____ 1. When I do something wrong, my first impulse is to blame circumstances.
- _____ 2. I tend to put things off until the last moment.
- _____ 3. I tend to overprepare when I have an exam or any kind of "performance."
- _____ 4. I suppose I feel "under the weather" more often than most people.
- _____ 5. I always try to do my best, no matter what.
- _____ 6. Before I sign up for a course or engage in any important activity, I make sure I have the proper preparation or background.
- _____ 7. I tend to get very anxious before an exam or "performance."
- _____ 8. I am easily distracted by noises or my own creative thoughts when I try to read.
- _____ 9. I try not to get too intensely involved in competitive activities so it won't hurt too much if I lose or do poorly.
- _____ 10. I would rather be respected for doing my best than admired for my potential.
- _____ 11. I would do a lot better if I tried harder.
- _____ 12. I prefer small pleasures in the present to larger pleasures in the dim future.
- _____ 13. I generally hate to be in any condition but "at my best."
- _____ 14. Someday I might "get it all together."
- _____ 15. I sometimes enjoy being mildly ill for a day or two because it takes off the pressure.
- _____ 16. I would do much better if I did not let my emotions get in the way.
- _____ 17. When I do poorly at one kind of thing, I often console myself by remembering I am good at other things.
- _____ 18. I admit that I am tempted to rationalize when I don't live up to other's expectations.
- _____ 19. I often think I have more than my share of bad luck in sports, card games, and other measures of talent.
- _____ 20. I would rather not take any drug that interfered with my ability to think clearly and do the right thing.
- _____ 21. I overindulge in food and drink more often than I should.
- _____ 22. When something important is coming up, like an exam or a job interview, I try to get as much sleep as possible the night before.
- _____ 23. I never let emotional problems in one part of my life interfere with other things in my life.
- _____ 24. Usually, when I get anxious about doing well, I end up doing better.
- _____ 25. Sometimes I get so depressed that even easy tasks become difficult.

Please fill out the following information about yourself.

- 1. Sex: Male () Female ()
- 2. Where would you put yourself on the following scale?

Distinct	Normal	Distinct
Underachiever	Achiever	Overachiever