

### 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.
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## ***Scoring the Sensation Seeker Self Test***

### **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.