

COMPLEXITY SCALE

Instructions

Read each question carefully and circle the number (1-10) that best represents the applicability of the question to you. This questionnaire contains 28 statements. You will rate them in regards of how characteristic each of the statements is of you. The scale will be from 1 to 10, from not at all characteristic of me to extremely characteristic of me.

Definitions

Not at all characteristic = this statement does not apply to me at all.

Somewhat characteristic = this statement can be applied to me some of the time.

Extremely characteristic = this statement can be applied to me all of the time.

For instance if you wanted to circle a response in which the statement was extremely characteristic of you, but first you thought it was not at all characteristic of you, it would look like the below example.

Example									
<i>Characteristic of me:</i>									
<i>Not at all</i>		<i>Somewhat</i>						<i>Extremely</i>	
X	2	3	4	5	6	7	8	9	10

For each question only circle one response. Respond to all of the statements and be positive that your responses are correct. If by accident you circle a response other than the one you wanted, draw an "X" through the incorrect response.

1. I tend to know what I want on a long-term basis in life.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

2. I have internal standards and goals that I want to accomplish.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

3. When working on a difficult task I *do not* keep high level challenges (e.g. If I think a task is difficult I will decrease my level of challenges).

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

4. When I work on a task I am able to focus on it.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

5. I believe that I have choices in life, that I am not forced into choosing one option.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

6. In relation to my life plan I know where I want to go.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

7. I am *not* able to ignore distractions when I work on a task.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

8. I am able to commit to my goals.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

9. I do *not* have goals that I want to accomplish nor an internal set of standards.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

10. When I focus, or concentrate, on a task, I do so because I have to and *not* because I want to.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

11. While working with difficult tasks I keep high level challenges (e.g. I do not lower the level of challenges simply because the task is more difficult.).

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

12. I am *unable* to commit the necessary energy needed to obtain my goals.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

13. I know where I am in relation to my life's ideal destination.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

14. I am able to avoid distractions when I am working on a task.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Very</i>
1	2	3	4	5	6	7	8	9	10	

15. I am able to commit the necessary energy needed to obtain my goals.

Characteristic of me:

<i>Not at all</i>			<i>Somewhat</i>				<i>Extremely</i>		
1	2	3	4	5	6	7	8	9	10

16. I do *not* know what I want on a long-term basis.

Characteristic of me:

<i>Not at all</i>			<i>Somewhat</i>				<i>Extremely</i>		
1	2	3	4	5	6	7	8	9	10

17. I can choose to focus, or concentrate, on a task because I want to, not because I have to.

Characteristic of me:

<i>Not at all</i>			<i>Somewhat</i>				<i>Extremely</i>		
1	2	3	4	5	6	7	8	9	10

18. When I need to, I set new goals for myself.

Characteristic of me:

<i>Not at all</i>			<i>Somewhat</i>				<i>Extremely</i>		
1	2	3	4	5	6	7	8	9	10

19. I am *unable* to commit to my goals.

Characteristic of me:

<i>Not at all</i>			<i>Somewhat</i>				<i>Extremely</i>		
1	2	3	4	5	6	7	8	9	10

20. I realize if my actions are having their intended effect.

Characteristic of me:

<i>Not at all</i>			<i>Somewhat</i>				<i>Extremely</i>		
1	2	3	4	5	6	7	8	9	10

21. When I work on a task I am *not* able to focus on the task.

Characteristic of me:

<i>Not at all</i>			<i>Somewhat</i>				<i>Extremely</i>		
1	2	3	4	5	6	7	8	9	10

22. I do *not* believe that I have a choice on issues in my life.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

23. When I need to set goals for myself I have a difficult time doing so.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

24. I do *not* know where I want to go, in relation to my life plan.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

25. I do *not* know where I am in relation to my ideal destination in life.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

26. I do *not* realize when my actions have their intended affect.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

27. I am able to become “lost” in an activity (e.g. time can pass unnoticed).

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	

28. I am motivated more by my own wants and goals than by admiration from others.

Characteristic of me:

<i>Not at all</i>							<i>Somewhat</i>			<i>Extremely</i>
1	2	3	4	5	6	7	8	9	10	