



## Steppingstone #34

### Impulsivity

Strongly  
disagree

0

1

2

3

4

5

6

7

8

9

10

Strongly  
agree

**A.** I frequently do things on the spur of the moment

**B.** In social situations I often say things without thinking first

**C.** I tend to act on my gut feeling in the moment

**D.** When browsing the Internet, I frequently buy things that I had not previously thought I wanted or needed

**E.** I regularly change my mind at the last minute

**F.** I make decisions quickly, as a rule

**G.** I often stop tasks I am doing, to start other ones

**H.** I tend to say what is on my mind

**I.** My behaviour is often determined by the mood I am in

**J.** My behaviour can be volatile at times

Total