

Self-Monitoring Scale

INSTRUCTIONS

The statements below concern your personal reactions to a number of situations. No two statements are exactly alike, so consider each statement carefully before answering. If a statement is true or mostly true as applied to you, mark T as your answer. If a statement is false or not usually true as applied to you, mark F as your answer. It is important that you answer as frankly and as honestly as you can. Record your responses in the spaces provided on the left.

THE SCALE

- _____ 1. I find it hard to imitate the behavior of other people.
- _____ 2. My behavior is usually an expression of my true inner feelings, attitudes, and beliefs.
- _____ 3. At parties and social gatherings, I do not attempt to do or say things that others will like.
- _____ 4. I can only argue for ideas I already believe.
- _____ 5. I can make impromptu speeches even on topics about which I have almost no information.
- _____ 6. I guess I put on a show to impress or entertain people.
- _____ 7. When I am uncertain how to act in a social situation, I look to the behavior of others for cues.
- _____ 8. I would probably make a good actor.
- _____ 9. I rarely need the advice of my friends to choose movies, books, or music.
- _____ 10. I sometimes appear to others to be experiencing deeper emotions than I actually am.
- _____ 11. I laugh more when I watch a comedy with others than when alone.
- _____ 12. In a group of people I am rarely the center of attention.
- _____ 13. In different situations and with different people, I often act like very different persons.
- _____ 14. I am not particularly good at making other people like me.
- _____ 15. Even if I am not enjoying myself, I often pretend to be having a good time.
- _____ 16. I'm not always the person I appear to be.
- _____ 17. I would not change my opinions (or the way I do things) in order to please someone else or win their favor.
- _____ 18. I have considered being an entertainer.
- _____ 19. In order to get along and be liked, I tend to be what people expect me to be rather than anything else.
- _____ 20. I have never been good at games like charades or improvisational acting.
- _____ 21. I have trouble changing my behavior to suit different people and different situations.
- _____ 22. At a party, I let others keep the jokes and stories going.
- _____ 23. I feel a bit awkward in company and do not show up quite so well as I should.
- _____ 24. I can look anyone in the eye and tell a lie with a straight face (if for a right end).
- _____ 25. I may deceive people by being friendly when I really dislike them.

SCORING THE SCALE

The scoring key is reproduced below. You should circle your response of true or false each time it corresponds to the keyed response below. Add up the number of responses you circle. This total is your score on the Self-Monitoring Scale. Record your score below.

- | | | | | | | | | | |
|-----------|-----------|-----------|-----------|----------|----------|-----------|----------|----------|-----------|
| 1. False | 2. False | 3. False | 4. False | 5. True | 6. True | 7. True | 8. True | 9. False | 10. True |
| 11. True | 12. False | 13. True | 14. False | 15. True | 16. True | 17. False | 18. True | 19. True | 20. False |
| 21. False | 22. False | 23. False | 24. True | 25. True | | | | | |

MY SCORE _____