

BRIEF SENSATION SEEKING SCALE – REVISED

For each statement, describe yourself by picking a number from 1 to 5, and add up your answers as directed:

| 1 | 2 | 3 | 4 | 5 |
|--------------------|-------------|-------------------------------------|---------|-------------------|
| Not at all like me | Not like me | Unsure or both like and not like me | Like me | Very much like me |

| | My Score (1 to 5) | |
|---|----------------------|---------|
| 1. I would like to explore strange places. | | |
| 2. I would like to take off on a trip with no pre-planned routes or timetables. | | E SCORE |
| Add your scores from statements 1 and 2 and write the total in the box on the right. | | |
| 3. I get restless when I spend too much time alone. | | |
| 4. I prefer friends who are excitingly unpredictable. | | B SCORE |
| Add your scores from statements 3 and 4 and write the total in the box on the right. | | |
| 5. I like wild parties. | | |
| 6. I would love to have new and exciting experiences, even if they are illegal. | | D SCORE |
| Add your scores from statements 5 and 6 and write the total in the box on the right. | | |
| 7. I would like to try bungee jumping. | | |
| 8. I would like to do frightening things. | | A SCORE |
| Add your scores from statements 7 and 8 and write the total in the box on the right. | | |
| Add E + B + D + A and write the total in the box on the right. | | |
| Total Sensation Seeking Score (SS) | | |

UNDERSTANDING YOUR SENSATION SEEKING SCORES

Circle the number that matches your score from the previous page. If you fall on a boundary, you may have some of the qualities of the scores in higher range as well as the one you fall within.

Total Sensation Seeking (SS)

| 8 | 12 | 16 | 20 | 24 | 28 | 32 | 36 |
|--|----|----|---|----|----|---|----|
| Low | | | Medium | | | High | |
| You may prefer things that are more familiar and calming. Keep this in mind as you plan for fun. Small changes will likely feel the most comfortable as you explore new options. | | | You enjoy some new things but don't want to be too stimulated. Try for a mix of the new and the familiar. | | | You are more likely to feel a need for new experiences or stimulation. You may also find yourself more easily bored. Think about trying some new things. You may find group activities with lots of interaction more enjoyable. | |

Subscales

These scores provide a clearer picture of how your sensation seeking is expressed.

Experience Seeking (E)

| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|--|---|---|---|---|---|----------------------------|---|
| Low | | | Medium | | | High | |
| You are more comfortable with familiar things. | | | You like a balance of the tried and true, as well as something new and different. | | | You crave new experiences. | |

Boredom Susceptibility (B)

| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|--|---|
| Low | | | Medium | | | High | |
| When you enjoy something, you can stay with it for a long time. | | | While you may like traditions, you also need to try some variations or new directions occasionally. | | | You get easily bored and want to move on to something new for fun. | |

Disinhibition (D)

| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|
| Low | | | Medium | | | High | |
| While you may like to have fun, there are clear limits for you. You are keeping your clothes on at parties! | | | You like to let your hair down occasionally, but you're not game for anything at anytime. | | | You really let loose to have fun. You probably don't stop to ask what people will think before you do something that sounds like fun. | |

Adventure or Thrill Seeking (A)

| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|--|---|---|--|---|---|---|---|
| Low | | | Medium | | | High | |
| You enjoy calmer activities. Jumping out of a perfectly good airplane doesn't appeal to you. | | | You like to do some things that get your blood pumping, but you're not indiscriminate in what risks you'll take. | | | You like the adrenaline rush of exciting activities. You would probably enjoy jumping out of planes, rock climbing or bungee jumping. | |