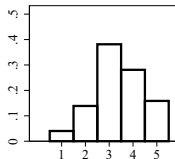
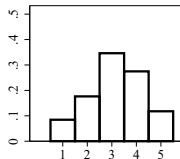


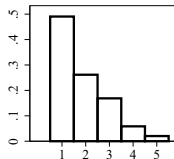
1. I am good at resisting temptation.



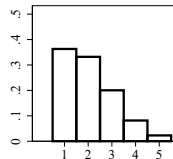
2. I have a hard time breaking bad habits. (reversed)



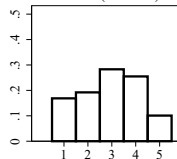
3. I am lazy. (reversed)



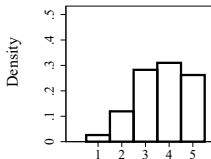
4. I say inappropriate things. (reversed)



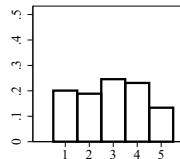
5. I do certain things that are bad for me, if they are fun. (reversed)



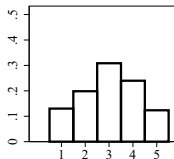
6. I refuse things that are bad for me.



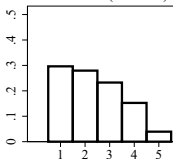
7. I wish I had more self-discipline. (reversed)



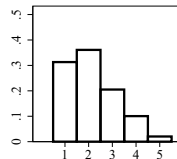
8. People would say I have iron self-discipline.



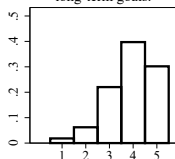
9. Pleasure and fun sometimes keep me from getting work done. (reversed)



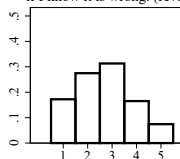
10. I have trouble concentrating. (reversed)



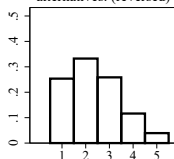
11. I am able to work effectively towards long-term goals.



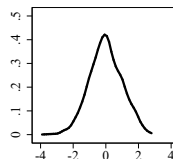
12. Sometimes, I cannot stop myself from doing sth., even if I know it is wrong. (rev.)



13. I often act without thinking through all the alternatives. (reversed)



Aggregated self-control score



Answers ranging from 1 (not at all) to 5 (very much)