

INSTRUCTIONS: Please use the following scale to indicate whether or not you will engage in the following behaviors **within the next two weeks.**

- | | | |
|-----|----|--|
| Yes | No | 1. Become very upset with or have an argument with a close friend. |
| Yes | No | 2. Go to services at a church or synagogue. |
| Yes | No | 3. Be a patient in a hospital because of some physical problem. |
| Yes | No | 4. Introduce yourself to someone you are attracted to. |
| Yes | No | 5. Start to play a new sport or physical activity you have not done before. |
| Yes | No | 6. Offer advice to a friend concerning his or her romantic relationship. |
| Yes | No | 7. Skip a class because you simply do not feel like attending. |
| Yes | No | 8. Will not have enough money to pay for an important bill. |
| Yes | No | 9. Say something in class which the instructor or another class member criticizes or disagrees with. |
| Yes | No | 10. Make a joke or humorous comment in a group that makes people laugh. |
| Yes | No | 11. Will write a paper, do a project, or take an exam that you feel is the best you have ever done. |
| Yes | No | 12. Change your hairstyle or type of haircut. |
| Yes | No | 13. Will be unable to sleep for at least an hour after going to bed because you will be thinking about some important decision or event. |
| Yes | No | 14. Get high on some type of drug besides alcohol. |
| Yes | No | 15. Will end or begin a romantic relationship. |
| Yes | No | 16. Fall in love. |
| Yes | No | 17. Have a time of the day or more when you get very little done because you feel too down or discouraged. |
| Yes | No | 18. Eat a type of food you have never eaten before. |
| Yes | No | 19. Go to a movie. |
| Yes | No | 20. Be rejected by a group of people who are important to you. |