

TABLE 5.2 The Self-Monitoring Scale

Please answer each of the following items true or false by circling T (for true) or F (for false).

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

Note: To determine your score, give yourself 1 point if you answered true to items 5, 6, 7, 8, 10, 11, 13, 15, 16, 18, 19, 24, and 25, and 1 point if you answered false to items 1, 2, 3, 4, 9, 12, 14, 17, 20, 21, 22, and 23. Then add up your total score. Scores of 12 or less are characteristic of a low self-monitor; scores of 13 or more are characteristic of a high self-monitor.

Source: M. Snyder (1974).