

Personal Reaction Inventory (PSC)

Answer the following questions as honestly and accurately as possible on a scale from 1 to 5, where:

- 1 = extremely uncharacteristic (not at all like me)
- 2 = somewhat uncharacteristic
- 3 = neither characteristic nor uncharacteristic
- 4 = somewhat characteristic
- 5 = extremely characteristic (very much like me)

1. I'm always trying to figure myself out.
2. Generally, I'm not very aware of myself.
3. I reflect about myself a lot.
4. I'm often the subject of my own fantasies.
5. I never scrutinize myself.
6. I'm generally attentive to my inner feelings.
7. I'm constantly examining my motives.
8. I sometimes have the feeling that I'm off somewhere watching myself.
9. I'm alert to changes in my mood.
10. I'm aware of the way my mind works when I work through a problem.

Scoring:

1. Reverse score items 2, 5 (If you answered "1," change your score to a 5; 2 = 4, 3 = 3, 4 = 2, 5 = 1)
2. Sum your score
3. People differ, however, in how frequently they focus their attention on themselves when on their own. The questions above are taken from a scale developed by Fenigstein, Scheier, and Buss (1975) to measure private self-consciousness, which is the consistent tendency to be self-aware. The higher your score, the more likely you are to focus your attention on yourself. **Fenigstein et al. (1975) found that the average score was 26 in a sample of college students.**