

Zuckerman Brief Sensation Seeking Scale

Name _____

For each statements describe yourself by picking a number from 1 to 5 that describes how much the statement is like you.

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

	Score				
1. I would like to explore strange places.	1	2	3	4	5
2. I would like to take off on a trip with no preplanned routes or timetables.	1	2	3	4	5
<i>Add your scores from 1 and 2 for the Experience Seeking Score</i>					6
3. I get restless when I spend too much time alone.	1	2	3	4	5
4. I prefer friends who are excitingly unpredictable.	1	2	3	4	5
<i>Add your scores from 3 and 4 for the Boredom Score</i>					5
5. I like wild parties.	1	2	3	4	5
6. I would love to have new and exciting experiences, even if they are illegal.	1	2	3	4	5
<i>Add your scores from 5 and 6 for the Disinhibition Score</i>					3
7. I would like to try things like bungee jumping.	1	2	3	4	5
8. I would like to do frightening things.	1	2	3	4	5
<i>Add your scores from 7 and 8 for the Thrill and Adventure Seeking</i>					5
Total Sensation Seeking Score					19

Sensation seeking is a trait defined by the seeking of varied, novel, complex, and intense sensations and experiences and the willingness to take physical, social, legal, and financial risks for those experiences. Sensation seeking is described in terms of a total score and 4 different sub scores

Thrill and Adventure Seeking: **Your thrill and adventure score is ____ out of 10**

1-3 Low	4-6 Medium	7-10 High
You enjoy calmer activities. No jumping out of planes for you.	You like to do some things that get your blood pumping, but not just anything.	You like the rush of exciting activities. You would probably enjoy jumping out of planes, rock climbing or things like bungee jumping.

Experience Seeking: **Your experience seeking score is: ____ out of 10**

1-3 Low	4-6 Medium	7-10 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.

The last two scores tell me how much trouble you might get yourself into by your sensation seeking activity

Boredom Susceptibility: **Your boredom susceptibility score is: ____ out of 10**

1-3 Low	4-6 Medium	7-10 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 occasionally.	You get easily bored and want to move on to something new for fun.

Disinhibition: **Your disinhibition score is: ____ out of 10**

1-3 Low	4-6 Medium	7-10 High
While you may like to have fun, there are clear limits for you	You like to let your go wild every not and then but you won't just do anything.	You probably don't stop to ask what people will think before you do something that sounds like fun.

Total Sensation Seeking Total Sensation Seeking ____ out of 40

0-15 Low	16-27 Medium	28 or above: High
You may prefer things that are more familiar and calming.	You enjoy some new things but don't want to be too stimulated. over	You are likely to feel a need for new simulation no matter what the cost.

To read more about sensation-seeking read: *Buzz!* By Dr. Ken Carter available on Amazon and www.drkencarter.com The Brief Sensation Seeking Scale is reprinted from Personality and Individual Differences, volume 32(3) Hoyle, R. H., Stephenson, M. T., Palmgreen, P., Lorch, E. P., & Donohew, R. L. Reliability and validity of a brief measure of sensation seeking. 401–414 (2002), with permission from Elsevier.