Questionnaire Dialog

**Surname/first name or an acronym**(make sure to remember it)

**Instructions**We would like you to fill in this questionnaire. If you are doing it on a computer, remember:

1. Save the file on the hard drive
2. In the first space, you can write your name or any acronym (but make sure to remember it)
3. Complete the questionnaire (choose only one answer)
4. You choose your answers by clicking on the square or the field where you write your answers
5. Save the changes
6. Send in the completed questionnaire

# Who you are?

* Age
* Sex
* Education
* Major (field of study)/profession/job
* Place of residence
* Marital status
* Children
* Religion

# I talk to myself when...

Scientific research has shown that all people talk to themselves at least in some situations or in certain circumstances. Each of the statements below refer to those moments when you can “talk to yourself” or have an inner talk with yourself (in your mind or aloud). Assess the degree to which each of the 16 statements is true for you, circling the relevant number. Assume that each statement is preceded by the sentence: “I talk to myself when...”

Remember to assess each statement. Take your time and consider each statement carefully. Circle relevant numbers according to the following scale: **1 – never, 2 – seldom, 3 – sometimes, 4 – often, 5 – very often**.

# I talk to myself when...

I should have done something differently [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

Something good has happened to me [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I need to figure out what I should do or say [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I’m imagining how other people respond to things I’ve said [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I am really happy for myself [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I want to analyze something that someone recently said to me [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I feel ashamed of something I’ve done [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I’m proud of something I’ve done [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I’m mentally exploring a possible course of action [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I’m really upset with myself [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I try to anticipate what someone will say and how I’ll respond to him or her

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I’m giving myself instructions or directions about what I should do or say

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I want to reinforce myself for doing well [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

Something bad has happened to me [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I want to remind myself of what I need to do [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

I want to replay something that I’ve said to another person [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

*Thank you for your participation in the survey!*