Demographics

What is your sex?

- ○ Male
- ○ Female
- ○ Non-binary / third gender
- ○ Prefer not to say

What is your age?

What is your country of residence?

What is your ethnicity?

- ○ White
- ○ Black or African American
- ○ American Indian or Alaska Native
- ○ Asian

○ Other

BFI

The following questions ask about characteristics of your personality. Please respond to the following questions using the scale provided. Please answer openly and honestly. There are no right or wrong answers.

I see myself as someone who...

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
Is talkative	○	○	○	○	○
Is reserved	○	○	○	○	○
Is full of energy	○	○	○	○	○
Generates a lot of enthusiasm	○	○	○	○	○
Tends to be quiet	○	○	○	○	○
Has an assertive personality	○	○	○	○	○
Is sometimes shy, inhibited	○	○	○	○	○
Is outgoing, sociable	○	○	○	○	○

IPIP Items

On this page are phrases describing people's behaviors. Please use the rating scale below to describe how accurately each statement describes you. Describe yourself as you generally are now, not as you wish to be in the future. Describe yourself as you honestly see yourself, in relation to other people you know of the same sex as you are, and roughly your same age. Indicate for each statement whether it is Very Inaccurate, Moderately Inaccurate, Neither Accurate Nor Inaccurate, Moderately Accurate, or Very Accurate as a description of you.

	1 Very Inaccurate	2 Moderately Inaccurate	3 Neither Accurate Nor Inaccurate	4 Moderately Accurate	5 Very Accurate
Feel at ease with people	○	○	○	○	○

	1 Very Inaccurate	2 Moderately Inaccurate	3 Neither Accurate Nor Inaccurate	4 Moderately Accurate	5 Very Accurate
Start conversations	O	O	O	O	O
Make friends easily	O	O	O	O	O
Am the life of the party	O	O	O	O	O
Keep in the background	O	O	O	O	O
Take charge	O	O	O	O	O
Am a very private person	O	O	O	O	O
Find it difficult to approach others	O	O	O	O	O
Am quiet around strangers	O	O	O	O	O
Often feel uncomfortable around others	O	O	O	O	O
Wait for others to lead the way	O	O	O	O	O
Have little to say	O	O	O	O	O
Know how to captivate people	O	O	O	O	O
Bottle up my feelings	O	O	O	O	O
Am skilled in handling social situations	O	O	O	O	O
Don't talk a lot	O	O	O	O	O
Don't like to draw attention to myself	O	O	O	O	O
Don't mind being the center of attention	O	O	O	O	O
Talk to a lot of different people at parties	O	O	O	O	O
Feel comfortable around people	O	O	O	O	O

Cog Flex

The following statements deal with your beliefs and feelings about your own behavior. Read each statement and respond by circling the number that best represents your agreement with each statement.

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
I can communicate an idea in many different ways.	O	O	O	O	O	O
I avoid new and unusual situations.	O	O	O	O	O	O
I feel like I never get to make decisions.	O	O	O	O	O	O
I can find workable solutions to seemingly unsolvable problems.	O	O	O	O	O	O
I seldom have choices when deciding how to behave.	O	O	O	O	O	O
I am willing to work at creative solutions to problems.	O	O	O	O	O	O
In any given situation, I am able to act appropriately.	O	O	O	O	O	O
My behavior is a result of conscious decisions that I make.	O	O	O	O	O	O
I have many possible ways of behaving in any given situation.	O	O	O	O	O	O
I have difficulty using my knowledge of a given topic in real life situations.	O	O	O	O	O	O
I am willing to listen and consider alternatives for handling a problem.	O	O	O	O	O	O
I have the self-confidence necessary to try different ways of behaving.	O	O	O	O	O	O

Block 5

In different social situations, different behaviors are required. For example, we need to act warm at some times and cold at other times.
But for certain behaviors, we find ourselves incapable of acting that way even when we know that the situation requires it.

Circle a number from 1 to 7 to indicate how capable you are of performing each behavior.

	1 Totally Incapable	2	3	4 Somewhat	5	6	7 Easily Capable
Gregarious --- friendly, approachable	O	O	O	O	O	O	O
Humble --- unassuming, modest	O	O	O	O	O	O	O
Aloof --- impersonal, distant	O	O	O	O	O	O	O
Boastful --- conceited, arrogant	O	O	O	O	O	O	O
Introverted --- withdrawn, quiet	O	O	O	O	O	O	O
Warm --- tender, kind	O	O	O	O	O	O	O
Meek --- timid, shy, bashful	O	O	O	O	O	O	O
Cold --- uncaring, hardhearted	O	O	O	O	O	O	O
Extraverted --- outgoing, lively	O	O	O	O	O	O	O
Trusting --- gullible, naive	O	O	O	O	O	O	O
Self-assured --- self-confident, assertive	O	O	O	O	O	O	O
Crafty --- cunning, sly, calculating	O	O	O	O	O	O	O
Dominant ---- commanding, forceful	O	O	O	O	O	O	O
Agreeable --- compliant, cooperative	O	O	O	O	O	O	O
Submissive --- forceless, yielding, weak	O	O	O	O	O	O	O
Quarrelsome --- uncooperative, hostile	O	O	O	O	O	O	O

Block 6

DEBRIEFING