

## The Intrapersonal Curiosity (InC) Scale

A number of statements that people use to describe themselves are given below. Read each statement and then select the appropriate response using the scale below to indicate how you *generally* feel. There are no right or wrong answers. Do not spend too much time on any one statement, but give the answer that seems to describe how you *generally* feel.

**1 = Almost Never      2 = Sometimes      3 = Often      4 = Almost Always**

1. I wonder about my purpose in life.
2. I imagine what my life might have been like had I taken different paths.
3. I try to make sense of how I feel
4. I find myself thinking about the reason for my existence.
5. I think about alternative choices I might have made.
6. I try to understand the source of my emotions.
7. I question whether I really know who I am.
8. I reflect upon how good or bad my decisions in life have been.
9. I reflect upon my actions and think about what they say about me.
10. I ask myself “Who am I really?”
11. I wonder about how my life would be right now if I had made different decisions in my past.
12. I try to analyze and interpret the reasons for what I do or say.

### Scoring the InC Scale and subscales

InC Total Scale = sum of all items

InC-Understanding Emotions and Motives = 1+4+7+10

InC-Exploring Purpose and Identity = 3+6+9+12

InC-Reflecting On Past = 2+5+8+11

For more information, see Litman, J. A., Robinson, O. C., & Demetre, J., (2016). Intrapersonal curiosity: Inquisitiveness about the inner self. *Self and Identity*. DOI:10.1080/15298868.2016.1255250