Reflect on the Self-Assessment

Self-Monitoring

Instructions
Indicate your agreement with the following statements by circling the value that aligns with your belief. For example, if you believe that a statement is always false, circle the 0 next to that statement.

5 = Certainly, always true
4 = Generally true
3 = Somewhat true, but with exceptions
2 = Somewhat false, but with exceptions
1 = Generally false
0 = Certainly, always false

1. In social situations, I have the ability to alter my behavior if I feel that something else is called for. 5 4 3 2 1 0
2. I am often able to read people’s true emotions correctly through their eyes. 5 4 3 2 1 0
3. I have the ability to control the way I come across to people, depending on the impression I wish to give them. 5 4 3 2 1 0
4. In conversations, I am sensitive to even the slightest change in the facial expression of the person I’m conversing with. 5 4 3 2 1 0
5. My powers of intuition are quite good when it comes to understanding others’ emotions and motives. 5 4 3 2 1 0
6. I can usually tell when others consider a joke in bad taste, even though they may laugh convincingly. 5 4 3 2 1 0
7. When I feel that the image I am portraying isn’t working, I can readily change it to something that does. 5 4 3 2 1 0
8. I can usually tell when I’ve said something inappropriate by reading the listener’s eyes. 5 4 3 2 1 0
9. I have trouble changing my behavior to suit different people and different situations. 5 4 3 2 1 0
10. I have found that I can adjust my behavior to meet the requirements of any situation I find myself in. 5 4 3 2 1 0
11. If someone is lying to me, I usually know it at once from that person’s manner of expression. 5 4 3 2 1 0
12. Even when it might be to my advantage, I have difficulty putting up a good front. 5 4 3 2 1 0
13. Once I know what the situation calls for, it is easy for me to regulate my actions accordingly. 5 4 3 2 1 0

Scoring
Add the circled numbers except for 9 and 12. These are reverse-scored and you should add them into your total using these conversions: 5 = 0, 4 = 1, 3 = 2, 2 = 3, 1 = 4, 0 = 5. High self-monitoring is indicated by scores above 53.

Interpretation
This instrument offers an indication of your awareness of how you are being perceived by others and their reactions to your behavior in social situations. Persons with a high self-monitoring score tend to be quite aware of their public persona—the impression that they are leaving others with. They can use their ability to self-monitor to create a favorable social impression. Their behavior tends to change to match the demands of the situation. Persons with a low self-monitoring score, by contrast, are less aware of the impact that their words, actions, and expressions are having on others. They tend to maintain a fairly consistent self-presentation style and manner, regardless of their audience or the circumstances.