

## IAN-R Questionnaire

(Soroko, 2013)

**Instruction:** The questionnaire contains statements about inclination or preferences dealing with thinking and speaking about self and self in the world. Please mark your level of agreement with those statements (avoiding middle answer „ab” when possible). There are no proper answers in the questionnaire. We believe that people differ in their preferences to think and speak about themselves and their life.

A     I agree  
a     I rather agree  
ab    It is hard to say / I do not know  
b     I rather do not agree  
B     I do not agree

No.	Content of the items	Response format	Scales
1	It gives me nothing to wonder about my life.	A a ab b B	D*
2	I try to find in my past and present a common thread.	A a ab b B	D
3	The past is for me a treasury of knowledge about myself.	A a ab b B	D
4	I remember the events that determined who I am now	A a ab b B	D
5	I like to talk about myself as if I were a hero of a book, art or film.	A a ab b B	K
6	I tend to wonder about the influence of the past on my present life.	A a ab b B	D
7	I often feel like telling stories about my life.	A a ab b B	M
8	I try to discover the message of events that happen to me.	A a ab b B	D
9	I would say about myself that I am the hero of the book, which is my life.	A a ab b B	K
10	I can recount an event I participated so as to impress others.	A a ab b B	M
11	In conversation, I use rhetorical grips to convey what I want.	A a ab b B	M
12	I do not think it's worth thinking about the past.	A a ab b B	D*

13	When I think about myself, a metaphor, a fairy tale, a myth or a different plot comes to my mind.	A a ab b B	K
14	Talking about even an ordinary event, I try to show all the circumstances.	A a ab b B	M
15	I like to tell stories to people about what happened to me.	A a ab b B	M
16	I like to add my own judgments to what I say.	A a ab b B	M
17	It is sometimes worth taking the balance of own life.	A a ab b B	D
18	I feel like putting my life in a coherent story.	A a ab b B	K
19	When I am telling stories, I make digressions that are supposed to better reflect what I want to convey.	A a ab b B	M
20	My stories are more complex than other people's stories.	A a ab b B	M
21	I try to narrate in a lively way, not limiting myself to dry descriptions.	A a ab b B	M
22	Thanks to the fact that I reflect on my life, I understand myself and the world better.	A a ab b B	D
23	You can not learn anything from your own past.	A a ab b B	D*
24	I wonder what the relationships between events in my life are.	A a ab b B	D
25	I prefer to keep what I experience for myself.	A a ab b B	M*
26	I wonder about the real motives of my behavior.	A a ab b B	D
27	I make digressions while telling stories.	A a ab b B	M
28	People appreciate my talent for storytelling.	A a ab b B	M
29	I tend to seek an opportunity to look at my life.	A a ab b B	D
30	When telling something, I try to convey some nuance that results from my thoughts.	A a ab b B	M

\* inverted scoring of items