THE MOVEMENT SPECIFIC REINVESTMENT SCALE
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Name: ____________________________   Date: _____    Age: _____    Hand: L / R

DIRECTIONS: Below are a number of statements about your movements. The possible answers go from ‘strongly agree’ to ‘strongly disagree’. There are no right or wrong answers so circle the answer that best describes how you feel for each question.

1. I rarely forget the times when my movements have failed me, however slight the failure.
   strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree

2. I’m always trying to figure out why my actions failed.
   strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree

3. I reflect about my movement a lot.
   strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree

4. I am always trying to think about my movements when I carry them out.
   strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree

5. I’m self conscious about the way I look when I am moving.
   strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree

6. I sometimes have the feeling that I’m watching myself move.
   strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree

7. I’m aware of the way my mind and body works when I am carrying out a movement.
   strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree

8. I’m concerned about my style of moving.
   strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree

9. If I see my reflection in a shop window, I will examine my movements.
   strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree

10. I am concerned about what people think about me when I am moving.
    strongly moderately weakly weakly moderately strongly
disagree disagree disagree agree agree agree