

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

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

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

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

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

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

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

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

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

strongly disagree	moderately disagree	weakly disagree	weakly agree	moderately agree	strongly agree
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