

Temporal Metacognition Scale

(M. Stolarski & J. Witowska)

Read each item and, as honestly as you can, answer the question: "How characteristic or true is this of you?" Check the appropriate box using the scale. Please answer ALL of the following questions on both sides.

1 – *Very untrue*

2 – *Untrue*

3 – *Neutral*

4 – *True*

5 – *Very true*

1. I am able to 'turn off' my thoughts about the past or the future if they distract me from my present activity.	1	2	3	4	5
2. I am able to resist immediate temptations because I take into account their future consequences.	1	2	3	4	5
3. When I meet up with my friends I often can't stop thinking about my duties of the next day.	1	2	3	4	5
4. No event in my future will change the way I perceive my past.	1	2	3	4	5
5. While making important decisions I take into account both my past experiences and my future goals.	1	2	3	4	5
6. I take into account the future consequences of the pleasures that I currently indulge in.	1	2	3	4	5
7. Planning for the future makes me feel like an architect of my own fate.	1	2	3	4	5
8. I translate my plans into specific actions that lead to attainment of my goals.	1	2	3	4	5
9. I know how to balance my current desires with my future goals.	1	2	3	4	5
10. Focus on the past or on the future prevents me from being aware of 'here and now'.	1	2	3	4	5
11. Someday I will look at the events from my past in another way.	1	2	3	4	5
12. I consciously use my past experience to avoid making mistakes in the future.	1	2	3	4	5
13. Reflecting on my future sometimes changes my point of view on what has already happened.	1	2	3	4	5
14. To assess the current situation, I take into account my past experience, my present expectations, and my future goals.	1	2	3	4	5
15. When I start to think about future threats I find it difficult to concentrate on anything else.	1	2	3	4	5
16. Sometimes current events make me change my point of view on what was in the past.	1	2	3	4	5
17. I know what to do when thinking of the future bothers me.	1	2	3	4	5
18. When I recognize that I focus too much on dwelling on the past, I am able to get back to the current moment.	1	2	3	4	5
19. I formulate future plans taking into account what life has taught me so far about current matters.	1	2	3	4	5
20. I effectively overcome various temptations by imagining future consequences of my actions.	1	2	3	4	5
21. I know how to control thoughts that could prevent me from being aware of the 'here and now'.	1	2	3	4	5
22. If I want, I am able to immerse myself entirely in the experience of the present moment.	1	2	3	4	5
23. I know that I can change my point of view on events from the past.	1	2	3	4	5
24. I know what to do when memories do not allow me to concentrate on current activity.	1	2	3	4	5
25. When I start to think of my past, it is hard for me to focus on anything else.	1	2	3	4	5
26. The passage of time makes me see certain events from a different perspective.	1	2	3	4	5