

Test: Are You a Maximizer or Satisficer?

Are You a Maximizer, or a Satisficer?

Barry Schwartz, Swarthmore College psychology professor, developed a way to determine your decision-making style. It may vary depending on what's at stake. For each statement, score yourself on a scale of **1 (strongly disagree)** to **7 (strongly agree)**. The higher your score, the more of a maximizer you are.

- 1.** No matter how satisfied I am with my job, it's only right for me to be on the lookout for better opportunities.
- 2.** When I am in the car listening to the radio, I often check other stations to see if something better is playing, even if I am relatively satisfied with what I'm listening to.
- 3.** When I watch TV, I channel surf, often scanning through the available options even while attempting to watch one program.
- 4.** I treat relationships like clothing: I expect to try a lot on before finding the perfect fit.
- 5.** I often find it difficult to shop for a gift for a friend.
- 6.** Renting videos is really difficult. I'm always struggling to pick the best one.
- 7.** When shopping, I have a hard time finding clothing that I really love.
- 8.** I'm a big fan of lists that attempt to rank things (the best movies, the best singers, the best athletes, the best novels, etc.).
- 9.** I find that writing is very difficult, even if it's just writing a letter to a friend, because it's so hard to word things just right. I often do several drafts of even simple things.
- 10.** I never settle for second best.
- 11.** Whenever I'm faced with a choice, I try to imagine what all the other possibilities are, even ones that aren't present at the moment.
- 12.** I often fantasize about living in ways that are quite different from my actual life.
- 13.** No matter what I do, I have the highest standards for myself.

