Listed below are a number of words that describe feelings. Some of the feelings are very similar to each other, whereas others are very different from each other. Read each word and then rate how often you would ideally like to have that feeling over the course of a typical week, using the following scale:

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>A small amount of the time</td>
<td>Half the time</td>
<td>Most of the time</td>
<td>All the time</td>
</tr>
</tbody>
</table>

Over the course of a typical week, I would IDEALLY like to feel…

- enthusiastic _____  
- astonished _____  
- nervous _____  
- dull _____  
- quiet _____  
- relaxed _____  
- excited _____  
- surprised _____  
- elated _____  
- sleepy _____  
- still _____  
- lonely _____  
- strong _____  
- passive _____  
- content _____  
- sluggish _____  
- inactive _____  
- sad _____  
- euphoric _____  
- fearful _____  
- happy _____  
- idle _____  
- calm _____  
- unhappy _____  
- aroused _____  
- hostile _____  
- satisfied _____  
- rested _____  
- peaceful _____  
- serene _____  
Now, please read each word again and rate how often you actually have that feeling over the course of a typical week, using the following scale:

1 2 3 4 5
Never A small amount of the time Half the time Most of the time All the time

Over the course of a typical week, I ACTUALLY feel…

enthusiastic _____ astonished _____ nervous _____
dull _____ quiet _____ relaxed _____
excited _____ surprised _____ elated _____
sleepy _____ still _____ lonely _____
strong _____ passive _____ content _____
sluggish _____ inactive _____ sad _____
euphoric _____ fearful _____ happy _____
idle _____ calm _____ unhappy _____
aroused _____ hostile _____ satisfied _____
rested _____ peaceful _____ serene _____
Source: