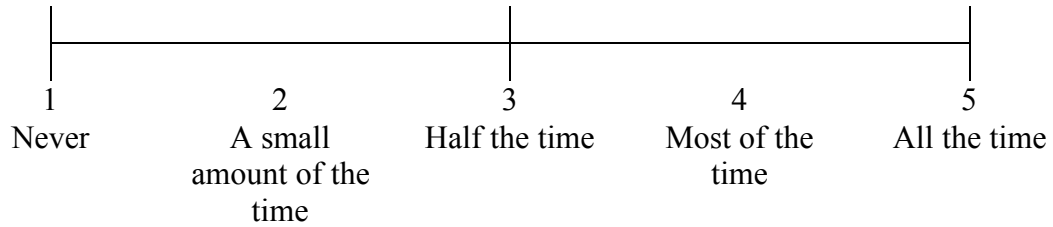


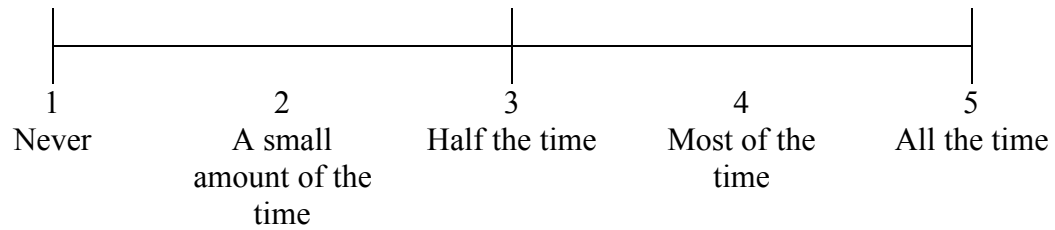
Listed below are a number of words that describe feelings. Some of the feelings are very similar to each other, whereas others are very different from each other. Read each word and then **rate how often you would ideally like to have that feeling over the course of a typical week**, using the following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



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:



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:

Tsai, J. L., Knutson, B., & Fung, H. H. (2006). Cultural variation in affect valuation. Journal of Personality and Social Psychology, 90, 288-307.