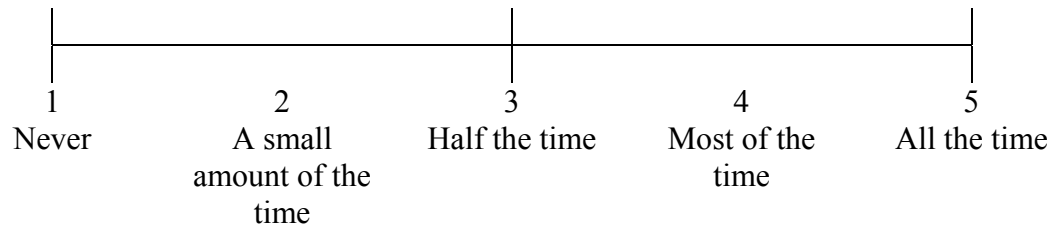


Listed below are a number of words that describe feelings. Some of the feelings are very similar to each other, whereas others are very different from each other. Read each word and then rate how often YOU ACTUALLY HAVE that feeling over the course of a typical week, using the following scale:



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 _____

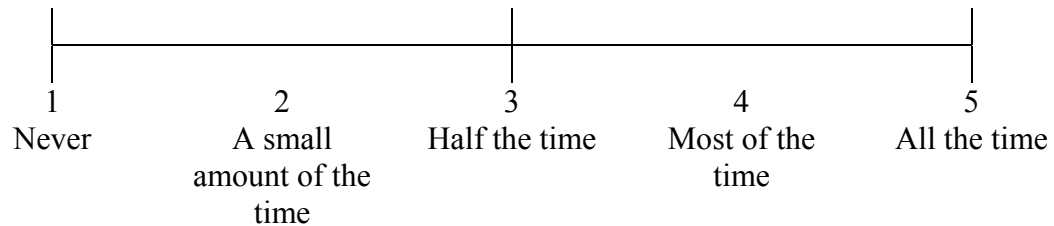
satisfied _____

rested _____

peaceful _____

serene _____

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 _____