

DIRECTIONS:

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate how you feel *right now*, that is, *at this moment*. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

NOT AT ALL
SOMEWHAT
MODERATELY SO
VERY MUCH SO

- | | 1 | 2 | 3 | 4 |
|---|---|---|---|---|
| 1. I feel calm..... | 1 | 2 | 3 | 4 |
| 2. I feel secure..... | 1 | 2 | 3 | 4 |
| 3. I am tense..... | 1 | 2 | 3 | 4 |
| 4. I feel strained..... | 1 | 2 | 3 | 4 |
| 5. I feel at ease..... | 1 | 2 | 3 | 4 |
| 6. I feel upset..... | 1 | 2 | 3 | 4 |
| 7. I am presently worrying over possible misfortunes..... | 1 | 2 | 3 | 4 |
| 8. I feel satisfied..... | 1 | 2 | 3 | 4 |
| 9. I feel frightened..... | 1 | 2 | 3 | 4 |
| 10. I feel comfortable..... | 1 | 2 | 3 | 4 |
| 11. I feel self-confident..... | 1 | 2 | 3 | 4 |
| 12. I feel nervous..... | 1 | 2 | 3 | 4 |
| 13. I am jittery..... | 1 | 2 | 3 | 4 |
| 14. I feel indecisive..... | 1 | 2 | 3 | 4 |
| 15. I am relaxed..... | 1 | 2 | 3 | 4 |
| 16. I feel content..... | 1 | 2 | 3 | 4 |
| 17. I am worried..... | 1 | 2 | 3 | 4 |
| 18. I feel confused..... | 1 | 2 | 3 | 4 |
| 19. I feel steady..... | 1 | 2 | 3 | 4 |
| 20. I feel pleasant..... | 1 | 2 | 3 | 4 |

DIRECTIONS

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate how you *generally* feel.

ALMOST NEVER
SOMETIMES
OFTEN
ALMOST ALWAYS

- | | 1 | 2 | 3 | 4 |
|--|---|---|---|---|
| 21. I feel pleasant | 1 | 2 | 3 | 4 |
| 22. I feel nervous and restless..... | 1 | 2 | 3 | 4 |
| 23. I feel satisfied with myself..... | 1 | 2 | 3 | 4 |
| 24. I wish I could be as happy as others seem to be | 1 | 2 | 3 | 4 |
| 25. I feel like a failure..... | 1 | 2 | 3 | 4 |
| 26. I feel rested..... | 1 | 2 | 3 | 4 |
| 27. I am "calm, cool, and collected" | 1 | 2 | 3 | 4 |
| 28. I feel that difficulties are piling up so that I cannot overcome them..... | 1 | 2 | 3 | 4 |
| 29. I worry too much over something that really doesn't matter..... | 1 | 2 | 3 | 4 |
| 30. I am happy | 1 | 2 | 3 | 4 |
| 31. I have disturbing thoughts | 1 | 2 | 3 | 4 |
| 32. I lack self-confidence | 1 | 2 | 3 | 4 |
| 33. I feel secure | 1 | 2 | 3 | 4 |
| 34. I make decisions easily..... | 1 | 2 | 3 | 4 |
| 35. I feel inadequate..... | 1 | 2 | 3 | 4 |
| 36. I am content..... | 1 | 2 | 3 | 4 |
| 37. Some unimportant thought runs through my mind and bothers me..... | 1 | 2 | 3 | 4 |
| 38. I take disappointments so keenly that I can't put them out of my mind..... | 1 | 2 | 3 | 4 |
| 39. I am a steady person | 1 | 2 | 3 | 4 |
| 40. I get in a state of tension or turmoil as I think over my recent concerns and interests..... | 1 | 2 | 3 | 4 |