

## STAI-X2

**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. 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 how you generally feel.

	ALMOST NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
1. I feel pleasant.....	1	2	3	4
2. I tire quickly.....	1	2	3	4
3. I feel like crying.....	1	2	3	4
4. I wish I could be as happy as others seem to be.....	1	2	3	4
5. I am losing out on things because I can't make up my mind soon enough.....	1	2	3	4
6. I feel rested.....	1	2	3	4
7. I am "calm, cool, and collected".....	1	2	3	4
8. I feel that difficulties are piling up so that I cannot overcome them.....	1	2	3	4
9. I worry too much over something that really doesn't matter.....	1	2	3	4
10. I am happy.....	1	2	3	4
11. I am inclined to take things hard.....	1	2	3	4
12. I lack self-confidence.....	1	2	3	4
13. I feel secure.....	1	2	3	4
14. I try to avoid facing a crisis or difficulty.....	1	2	3	4
15. I feel blue.....	1	2	3	4
16. I am content.....	1	2	3	4
17. Some unimportant thought runs through my mind and bothers me.....	1	2	3	4
18. I take disappointments so keenly that I can't put them out of my mind.....	1	2	3	4
19. I am a steady person.....	1	2	3	4
20. I become tense and upset when I think about my present concerns.....	1	2	3	4

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