

STAI

INSTRUCTIONS: A number of statements which people have used to describe themselves are given below. Read each statement and then circle an answer sheet 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.

1	2	3	4
Almost Never	Sometimes	Often	Almost Always

- _____ 1. I feel pleasant
- _____ 2. I feel nervous and restless
- _____ 3. I feel satisfied with myself
- _____ 4. I wish I could be as happy as others seem to be
- _____ 5. I feel like a failure
- _____ 6. I feel rested
- _____ 7. I am "calm, cool, and collected"
- _____ 8. I feel that difficulties are piling up so that I cannot overcome them
- _____ 9. I worry too much over something that really doesn't matter
- _____ 10. I am happy
- _____ 11. I have disturbing thoughts
- _____ 12. I lack self-confidence
- _____ 13. I feel secure
- _____ 14. I make decisions easily
- _____ 15. I feel inadequate
- _____ 16. I am content
- _____ 17. Some unimportant thought runs through my mind and bothers me
- _____ 18. I take disappointments so keenly that I can't put them out of my mind
- _____ 19. I am a steady person
- _____ 20. I get in a state of tension or turmoil as I think about my recent concerns and interests