1. I found myself getting upset by quite trivial things- 2
2. I tended to over react to situvations-2
3. I found it difficult to relax-1
4. I found myself getting upset rather easily- 3
5. I felt that was using a lot of nervous energy- 2
6. I found myself getting impatient when was delayed in anyway(eg, lifts, traffic lights)- 3
7. I found it hard to wind down–1
8. I found that I was very irritable- 3
9. I found it hard to calm down after something upset me- 2
10. I found it difficult to tolerate interruptions to what was doing-3
11. I was in a state of nervous tension- 1
12. I was intolerant of anything that kept me from getting on with, what I was doing-2