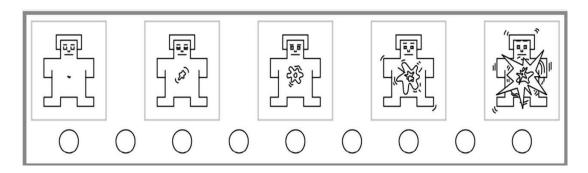
1. The scale rates the arousal of your present feeling. At the low end of the arousal scale are feelings like relaxed, calm, sluggish, dull, sleepy, and unaroused. At the high end of the scale are feelings like stimulated, excited, frenzied, jittery, wide awake, and aroused.



2. The scale rates the valence of your present feeling. At the low end of the valence scale are feelings like unhappy, annoyed, unsatisfied, melancholic, despairing, and bored. At the high end are feelings like happy, pleased, satisfied, contented, hopeful, and relaxed.

