

Listed below are a number of words that describe feelings. Some of the feelings are very similar to each other, whereas others are very different from each other. Read each word and then circle how often YOU ACTUALLY HAVE that feeling over the course of a typical week:

Over the course of a typical week, I ACTUALLY feel...

enthusiastic	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
dull	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
excited	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
sleepy	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
strong	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
sluggish	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
euphoric	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
idle	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
aroused	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
rested	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
astonished	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
quiet	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
surprised	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
still	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
passive	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>

inactive	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
fearful	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
calm	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
hostile	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
peaceful	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
nervous	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
relaxed	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
elated	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
lonely	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
content	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
sad	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
happy	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
unhappy	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
satisfied	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
serene	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>

Now, please read each word again and circle how often YOU WOULD IDEALLY LIKE TO HAVE that feeling over the course of a typical week:

Over the course of a typical week, I would IDEALLY like feel...

enthusiastic	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
dull	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
excited	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
sleepy	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
strong	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
sluggish	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
euphoric	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
idle	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
aroused	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
rested	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
astonished	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
quiet	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
surprised	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
still	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
passive	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
inactive	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>

fearful	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
calm	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
hostile	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
peaceful	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
nervous	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
relaxed	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
elated	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
lonely	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
content	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
sad	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
happy	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
unhappy	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
satisfied	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>
serene	<i>Never</i>	<i>A small amount of the time</i>	<i>Half the time</i>	<i>Most of the time</i>	<i>All the time</i>