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 rate how often YOU ACTUALLY HAVE that feeling over the course of a typical week, using the following scale:

<table>
<thead>
<tr>
<th>Scale</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Never</td>
</tr>
<tr>
<td>2</td>
<td>A small amount of the time</td>
</tr>
<tr>
<td>3</td>
<td>Half the time</td>
</tr>
<tr>
<td>4</td>
<td>Most of the time</td>
</tr>
<tr>
<td>5</td>
<td>All the time</td>
</tr>
</tbody>
</table>

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

enthusiastic _____  astonished _____  nervous _____
dull _____  quiet _____  relaxed _____
excited _____  surprised _____  elated _____
sleepy _____  still _____  lonely _____
strong _____  passive _____  content _____
sluggish _____  inactive _____  sad _____
euphoric _____  fearful _____  happy _____
idle _____  calm _____  unhappy _____
alert _____  hostile _____  satisfied _____
rested _____  peaceful _____  serene _____
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 rate how often YOU WOULD IDEALLY LIKE TO HAVE that feeling over the course of a typical week, using the following scale:

<table>
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<tr>
<th>Scale</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<td>5</td>
<td>All the time</td>
</tr>
</tbody>
</table>

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

enthusiastic _____  astonished _____  nervous _____  
dull _____  quiet _____  relaxed _____  
excited _____  surprised _____  elated _____  
sleepy _____  still _____  lonely _____  
strong _____  passive _____  content _____  
sluggish _____  inactive _____  sad _____  
euphoric _____  fearful _____  happy _____  
idle _____  calm _____  unhappy _____  
alert _____  hostile _____  satisfied _____  
rested _____  peaceful _____  serene _____  