

INSTRUCTIONS:

Using the following scale, answer each question according to the way you feel at this moment. Please place your answer in the space next to each item.

1	2	3	4	5	6	7
Not At All					Very Much	

- _____ 1. Happy
- _____ 2. Stressed
- _____ 3. Sad
- _____ 4. Excited
- _____ 5. Upset
- _____ 6. Strong
- _____ 7. Proud
- _____ 8. Afraid
- _____ 9. Inspired
- _____ 10. Nervous