

1. I feel calm.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

2. I feel secure.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

3. I am tense.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

4. I feel strained.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

5. I feel at ease.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

6. I feel upset.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

7. I am presently worrying over possible misfortunes.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

8. I feel satisfied.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

9. I feel frightened.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

10. I feel comfortable.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

11. I feel self-confident.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

12. I feel nervous.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

13. I am jittery.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

14. I feel indecisive.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

15. I am relaxed.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

16. I feel content.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

17. I am worried.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

18. I feel confused.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

19. I feel steady.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

20. I feel pleasant.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

21. I feel pleasant.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

22. I feel nervous and restless.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

23. I feel satisfied with myself.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

24. I wish I could be as happy as others seem to be.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

25. I feel like a failure.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

26. I feel rested.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

27. I am "calm, cool, and collected."

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

28. I feel that difficulties are piling up so that I cannot overcome them.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

29. I worry too much over something that really doesn't matter.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

30. I am happy.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

31. I have disturbing thoughts.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

32. I lack self-confidence.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

33. I feel secure.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

34. I make decisions easily.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

35. I feel inadequate.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

36. I am content.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

37. Some unimportant thought runs through my mind and bothers me.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

38. I take disappointments so keenly that I can't put them out of my mind.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

39. I am a steady person.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All

40. I get in a state of tension or turmoil as I think over my recent concerns and interests.

- ☐ Very Much So
- ☐ Moderately So
- ☐ Somewhat
- ☐ Not At All