INSTRUCTIONS:

Below is a list of common human traits. For each trait, put an "X" through the circle that best indicates how accurately that trait describes you. Describe yourself as you see yourself at the present time, not as you wish to be in the future. Describe yourself as you are generally or typically, as compared with other persons you know of the same sex and roughly the same age.

		Not at all Accurate 0	A little Accurate 1	Moderately Accurate 2	Quite a bit Accurate 3	Extremely Accurate 4
1.	Sluggish	O	O	O	O	O
2.	Happy	O	O	O	O	O
3.	Hostile	O	O	O	O	O
4.	At Ease	O	O	O	O	O
5.	Unhappy	O	O	O	O	O
6.	Full of Pep	O	O	O	O	O
7.	Fearful	O	O	O	O	O
8.	Tired	O	O	O	O	O
9.	On Edge	O	O	O	O	O
10.	Energetic	O	O	O	O	O
11.	Depressed	O	O	O	O	O
12.	Nervous	O	O	O	O	O
13.	Pleased	O	O	O	O	O
14.	Sad	O	O	O	O	O
15.	Frightened	O	O	O	O	O
16.	Sleepy	O	O	O	O	O
17.	Calm	O	O	O	O	O
18.	Afraid	O	O	O	O	O

	Not at all Accurate 0	A little Accurate 1	Moderately Accurate 2	Quite a bit Accurate 3	Extremely Accurate 4
19. *Angry*	O	O	O	O	O
20. *Lively*	O	O	O	O	O
21. *Tense*	O	O	O	O	O
22. *Cheerful*	O	O	O	O	O
23. *Fatigued*	O	O	O	O	O
24. *Relaxed*	O	O	O	O	O
25. *Resentful*	O	O	O	O	O