

Date: _____

ID#: _____

ERSQ

Please answer the first question by choosing the **one** number that best answers the question for you. Use the following scale:

(1 = Didn't try at all / 7 = Tried as hard as I could)

1. How much effort did you put into the tasks?	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

Please answer the next 4 questions by choosing the **one** number that best answers the question for you. Use the following scale:

(1 = Not at all / 7 = Extremely)

2. How nervous were you during the tasks?	1	2	3	4	5	6	7
3. How difficult did you find the tasks?	1	2	3	4	5	6	7
4. How upset were you during the tasks?	1	2	3	4	5	6	7
5. How challenging did you find the tasks?	1	2	3	4	5	6	7