

Date: _____

ID#: _____

SRQ

Below is a list of common human emotions. For each emotion, circle the **one** number that best indicates how you feel. Use the following scale:

(0 = Not at All / 1 = A Little / 2 = Some / 3 = Quite a Bit / 4 = A Lot)

happy	0	1	2	3	4
tired	0	1	2	3	4
calm	0	1	2	3	4
sad	0	1	2	3	4
full of pep	0	1	2	3	4
hostile	0	1	2	3	4
on edge	0	1	2	3	4

fatigued	0	1	2	3	4
lively	0	1	2	3	4
angry	0	1	2	3	4
cheerful	0	1	2	3	4
tense	0	1	2	3	4
at ease	0	1	2	3	4
unhappy	0	1	2	3	4