How did you feel lately??

Please fill out your first name...........................................................................................................
And your date of birth ........................................................................................................................
And whether you are a boy or a girl........................................................................................................

On the next pages, you will find some short sentences. Every sentence is a statement about how you have felt lately. You can mark at each sentence if you have felt this never, sometimes or often. Choose the answer that best fits you. There are no right or wrong answers, because it is just about what you think!

For example the sentence: “I feel happy”.

If you *often* feel happy, you mark “often”:

```
never  sometimes  often
I     ☐  ☐  ☒  feel happy
```

But if you *never* feel happy, you mark

```
never  sometimes  often
I     ☒  ☐  ☐  feel happy
```

And if you *sometimes* feel happy then .......

```
never  sometimes  often
I     ☐  ☒  ☐  feel happy
```

Watch out: never mark two answers, always choose the one that best fits you.

© Carolien Rieffe, Developmental Psychology, Leiden University, the Netherlands
[www.focusonemotions.nl](http://www.focusonemotions.nl)


How did you feel lately????

never sometimes often
1. I □ □ □ □ feel scared

never sometimes often
2. I □ □ □ □ feel happy

never sometimes often
3. I □ □ □ □ feel glad

never sometimes often
4. I □ □ □ □ feel angry

never sometimes often
5. I □ □ □ □ feel sad

never sometimes often
6. I □ □ □ □ feel content

never sometimes often
7. I □ □ □ □ feel cross

never sometimes often
8. I □ □ □ □ feel miserable

never sometimes often
9. I □ □ □ □ feel cheerful

never sometimes often
10. I □ □ □ □ feel furious

never sometimes often
11. I □ □ □ □ feel unhappy

never sometimes often
12. I □ □ □ □ feel frightened

never sometimes often
13. I □ □ □ □ feel pleased

never sometimes often
14. I □ □ □ □ feel mad

never sometimes often
15. I □ □ □ □ feel excited

never sometimes often
16. I □ □ □ □ feel down in the dumps

never sometimes often
17. I □ □ □ □ feel afraid

never sometimes often
18. I □ □ □ □ feel joyful

never sometimes often
19. I □ □ □ □ feel anxious

never sometimes often
20. I □ □ □ □ feel calm