Rate the intensity with which you *felt* each of the following feelings by circling a number from 0 to 4.

		0	1	2	3	4
		Not at all				*A lot*
1.	happiness - elation	0	1	2	3	4
2.	sadness - melancholy	0	1	2	3	4
3.	surprise - astonishment	0	1	2	3	4
4.	calm - contentment	0	1	2	3	4
5.	anger - irritation	0	1	2	3	4
6.	nostalgia - longing	0	1	2	3	4
7.	interest - expectancy	0	1	2	3	4
8.	anxiety - nervousness	0	1	2	3	4
9.	love - tenderness	0	1	2	3	4
10.	spirituality - transcendence	0	1	2	3	4
11.	disgust - contempt	0	1	2	3	4
12.	admiration - awe	0	1	2	3	4
13.	enjoyment - pleasure	0	1	2	3	4
14.	pride - confidence	0	1	2	3	4
15.	boredom - indifference	0	1	2	3	4