Affect Intensity Measure (Simplified)

DIRECTIONS: The following questions refer to emotional reactions to typical life events. Please indicate how YOU react to these events by placing a number from the following scale preceding each item. Please base your answers on how YOU react, not on how you think others react or how you think a person should react.

<table>
<thead>
<tr>
<th>NEVER</th>
<th>ALMOST NEVER</th>
<th>OCCASIONALLY</th>
<th>USUALLY</th>
<th>ALMOST ALWAYS</th>
<th>ALWAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
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</tbody>
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1. ___ When I feel happiness, it is a quiet type of contentment.
2. ___ When a person in a wheelchair can’t get through a door, I have strong feelings of pity.
3. ___ I get upset easily.
4. ___ When I succeed at something, my reaction is calm contentment.
5. ___ I get really happy or really unhappy.
6. ___ I’m a fairly quiet person.
7. ___ When I’m happy, I feel very energetic.
8. ___ Seeing a picture of some violent car accident in a newspaper makes me feel sick to my stomach.
9. ___ When I’m happy, I feel like I’m bursting with joy.
10. ___ I would be very upset if I got a traffic ticket.
11. ___ Looking at beautiful scenery really doesn’t affect me much.
12. ___ The weather doesn’t affect my mood.
13. ___ Others tend to get more excited about things than I do.
14. ___ I am not an extremely enthusiastic individual.
15. ___ ‘Calm and cool’ could easily describe me.
16. ___ When I’m feeling well it’s easy for me to go from being in a good mood to being really joyful.
17. ___ When I worry, it is so mild that I hardly notice it.
18. ___ I get overly enthusiastic.
19. ___ My happy moods are so strong that I feel like I’m ‘in heaven’.
20. ___ When something bad happens, others tend to be more unhappy than I.