

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.

NEVER	ALMOST NEVER	OCCASIONALLY	USUALLY	ALMOST ALWAYS	ALWAYS
1	2	3	4	5	6

- ___ When I feel happiness, it is a quiet type of contentment.
- ___ When a person in a wheelchair can't get through a door, I have strong feelings of pity.
- ___ I get upset easily.
- ___ When I succeed at something, my reaction is calm contentment.
- ___ I get really happy or really unhappy.
- ___ I'm a fairly quiet person.
- ___ When I'm happy, I feel very energetic.
- ___ Seeing a picture of some violent car accident in a newspaper makes me feel sick to my stomach.
- ___ When I'm happy, I feel like I'm bursting with joy.
- ___ I would be very upset if I got a traffic ticket.
- ___ Looking at beautiful scenery really doesn't affect me much.
- ___ The weather doesn't affect my mood.
- ___ Others tend to get more excited about things than I do.
- ___ I am not an extremely enthusiastic individual.
- ___ 'Calm and cool' could easily describe me.
- ___ When I'm feeling well it's easy for me to go from being in a good mood to being really joyful.
- ___ When I worry, it is so mild that I hardly notice it.
- ___ I get overly enthusiastic.
- ___ My happy moods are so strong that I feel like I'm 'in heaven'.
- ___ When something bad happens, others tend to be more unhappy than I.