COMPLETE THE QUESTIONNAIRE

POSITIVITY RATIO

O=NOT AT ALL 1=A LITTLE BIT 2=MODERATELY 3=QUITE A BIT 4=EXTREMELY

Developed by researcher Dr. Barbara Frederickson to track my positive versus negative emotions. I can also take this online at www.PositivityRatio.com

Developed by researcher Dr. Barbara Frederickson to track my positive versus negative emotions. I can also take this online at www.PositivityRatio.com Score 1: Count the number of light-colored boxes that I scored 2 or higher: Score 2: Count the number of dark-colored boxes that I scored 2 or higher:				`				
12345What is the most amused, fun- loving, or silly I felt?What is the most angry, irritated, or annoyed I felt?34567What is the most amazement I felt?What is the most amazement I 	[oped by researc Score 1: C Score 2: C	L 1=A LITTLE BIT 2 her Dr. Barbara Frede I can also take this o ount the number of li count the number of d Divide	=MODERATELY 3=Q crickson to track my p nline at www.Positivi ght-colored boxes tha ark-colored boxes tha Score 1 by Score 2:	UITE A BIT 4=EXTR positive versus negation tyRatio.com at I scored 2 or highen at I scored 2 or highen	ve emotions. *: *:	EMOTIONAL WELLNESS ASS
and during or silly i loving, or silly i felt?angry, inflated, or annoyed i felt?amazement i felt?humiliated, or disgraced i felt?or thankful i felt?678910What is the most disgust, distaste, or revulsion I felt?78910What is the most disgust, distaste, or revulsion I felt?7891011What is the most incouraged I felt?What is the most encouraged I felt?9What is the most joyful, glad, or happy I felt?1011What is the most impaired, uplifted, or elevated I felt?1213What is the most interested, alert, or curious I felt?14151617181920What is the most serene, content, or self-assured I20What is the most sad, downhearted, or unhappy I felt?What is the most serene, content, or self-assured I16!20								
What is the most inspired, uplifted, or elevated I felt?What is the most embarrassed, self- conscious, or blushing I felt?What is the most interested, alert, or curious I felt?What is the most guilty, repentant, or blameworthy I felt?What is the most love, closeness, or trust I felt?1617181920What is the most sad, downhearted, or unhappy I felt?What is the most proud, confident, or self-assured IWhat is the most scared, fearful, or afraid I felt?1920What is the most serene, content, or peaceful I felt?What is the most serene, content, or peaceful I felt?What is the most stressed, nervous, or overwhelmed I trust		Wha amu lovi felt 6 What disgu	ised, fun- ng, or silly l ? t is the most ist, distaste,	2 What is the most angry, irritated, or annoyed I felt? 7 What is the most hopeful, optimistic, or	3 What is the most awe, wonder, or amazement I felt? 8 What is the most contemptuous, scornful, or	What is the most ashamed, humiliated, or disgraced I felt? 9 What is the most joyful, glad, or	What is the most grateful, appreciative, or thankful I felt? 10 What is the most hate, distrust, or suspicion I	SMENT
What is the most sad, downhearted, or unhappy I felt?What is the most proud, confident, or self-assured IWhat is the most scared, fearful, or afraid I felt?What is the most serene, content, or peaceful I felt?What is the most stressed, nervous, or overwhelmed I telt2		What inspi uplift	red, red, or	What is the most embarrassed, self- conscious, or	What is the most interested, alert,	What is the most guilty, repentant, or blameworthy l	What is the most love, closeness, or	
		Wha sad,	downhearted,	What is the most proud, confident, or self-assured l	What is the most scared, fearful,	What is the most serene, content,	What is the most stressed, nervous, or overwhelmed l	

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