Date:

Name & Last 4:

Age:

EMOTIONS QUESTIONNAIRE

(Pre-VR)

Part I: Use the list below to answer the following question:

HOW HAPPY OR UNHAPPY DO YOU CURRENTLY FEEL?

Check the one statement below that best describes your current happiness.



10. Extremely happy (feeling ecstatic, joyous, fantastic!)



9. Very Happy (feeling really good, elated!)



8. Pretty Happy (spirits high, feeling good)



7. Mildly Happy (feeling fairly good and somewhat cheerful)



6. Slightly Happy (just a bit above neutral)



5. Neutral (not particularly happy or unhappy)



4. Slightly Unhappy (just a bit below neutral)  


3. Mildly Unhappy (just a little low)



2. Pretty Unhappy (somewhat “blue”, spirits down)



1. Very Unhappy (depressed, spirits very low)



0. Extremely Unhappy (utterly depressed, completely down)

Part II: Consider your emotions a moment further. On the average, what percent of the time do you feel happy? What percent of the time do you feel unhappy? What percent of the time do you feel neutral (neither happy nor unhappy)? Write down your best estimates, as well as you can, in the spaces below. Make sure the three figures add-up to equal 100%.

ON AVERAGE:

The percent of time I feel happy %

The percent of time I feel unhappy %

The percent of time I feel neutral %

TOTAL 100%