positive/pleasant emotions assessment

name: _____ *date:* _____ *time period:* _____

Below is a list of positive/pleasant emotions used by the expert 'positivity' researcher Barbara Fredrickson. Please indicate in the columns to the right of each emotion cluster the greatest degree that you have experienced each emotion cluster over the agreed time period.

what is the most of each of these sets of emotions that you felt:	*0=not at all*	*1=a little bit*	*2=mod-erately*	*3=quite a bit*	*4=ext-remely*
amused/fun-loving/silly					
awe/wonder/amazement					
grateful/appreciative/thankful					
hopeful/optimistic/encouraged					
inspired/uplifted/elevated					
interested/alert/curious					
joyful/glad/happy					
love/closeness/trust					
proud/confident/self-assured					
serene/content/peaceful					
totals for columns 3, 4 & 5:					

Many people feel low intensity positive emotions a good deal of the time but notice the less frequent negative emotions more – so the total positive emotion score is made up of the number of positive emotion clusters scored at 'moderately' or above. Although in Barbara's *Positivity Ratio* questionnaire, ticks in the three right-hand columns all only score "*1*" – for this *Positive Emotions* assessment, I suggest scoring *2, 3 or 4* depending on intensity and duration. Note that some pleasant emotions aren't adequately covered in this assessment (for example 'sensory enjoyment' of many kinds). Try to 'squeeze' these further pleasant experiences in under other headings like *grateful/appreciative* and so on.

total score for positive/pleasant emotions (columns 3, 4 & 5) =

daily positive/pleasant emotions totals over ten days									
1	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*