

**Now I'd like you to rate how much you agree or disagree with the following statements.** *(time frame = "how you usually are")*

	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
<b>I frequently get upset.</b>	1	2	3	4	5
<b>I am almost always calm- nothing ever bothers me.</b>	1	2	3	4	5
<b>I get excited easily.</b>	1	2	3	4	5
<b>I am somewhat emotional.</b>	1	2	3	4	5
<b>I often feel like crying.</b>	1	2	3	4	5
<b>I am easily frightened.</b>	1	2	3	4	5
<b>I often feel insecure.</b>	1	2	3	4	5
<b>I tend to be nervous in new situations.</b>	1	2	3	4	5
<b>I have fewer fears than most people my age.</b>	1	2	3	4	5
<b>When scared, I panic.</b>	1	2	3	4	5
<b>When displeased, I let people know it right away.</b>	1	2	3	4	5
<b>It takes a lot to get me mad.</b>	1	2	3	4	5
<b>I am known as hot-blooded and quick tempered.</b>	1	2	3	4	5
<b>There are many things that annoy me.</b>	1	2	3	4	5