

Form 3.4: Positive Emotion Scale (Optional)

The following items ask about positive emotions. For each item, circle the number for the answer that best describes your experience *over the past week*.

1. In the past week, how often have you felt positive emotions (happiness, excitement, joy, etc)?

- 0 = *No* positive emotions in the past week.
- 1 = *Infrequent* positive emotions. Felt positive emotions a few times.
- 2 = *Occasional* positive emotions. Felt positive emotions as much of the time as not.
- 3 = *Frequent* positive emotions. Felt positive emotions most of the time.
- 4 = *Constant* positive emotions. Felt positive emotions all of the time.

2. In the past week, when you have felt positive emotions, how intense were these feelings?

- 0 = *Little or None*: Positive emotions were absent or barely noticeable.
- 1 = *Mild*: Positive emotions were at a low level.
- 2 = *Good*: Positive emotions were strong at times.
- 3 = *Great*: Positive emotions were strong much of the time.
- 4 = *Excellent*: Positive emotions were strong most of the time.

3. In the past week, how often did you engage in or maintain interest in activities because of positive emotions?

- 0 = *None*: I had difficulty engaging in or being interested in activities that I normally enjoy because of minimal positive emotion.
- 1 = *Infrequent*: I engaged in or maintained interest in activities because of positive emotion a few times.
- 2 = *Occasional*: I engaged in or maintained interest in activities because of positive emotions some of the time. My lifestyle includes a few activities that I enjoy.
- 3 = *Frequent*: I frequently engage in or maintain interest in activities because of positive emotions. I have made significant changes in my lifestyle to include activities that I enjoy.
- 4 = *All the Time*: Positive emotions help me to engage in or maintain interest in nearly all of my activities. My lifestyle reflects the activities that I enjoy the most.

4. In the past week, how much did your positive emotions enhance your ability to do the things you needed to do at work, at school, or at home?

- 0 = *None*: No enhancement at work/home/school from positive emotions.
- 1 = *Mild*: My positive emotions have enhanced some aspects of work/home/school.
- 2 = *Good*: My positive emotions definitely enhance enjoyment in my tasks.
- 3 = *Great*: My positive emotions have really changed my ability to get things done for the better.
- 4 = *Excellent*: My positive emotions have improved my quality of life in the best possible way.

5. In the past week, how much have positive emotions enhanced your social life and relationships?

- 0 = *None*: My positive emotions have not affected my relationships.
- 1 = *Mild*: My positive emotions slightly enhance my relationships.
- 2 = *Good*: I have experienced some enhancement in my social life due to positive emotions. I have noticed that I enjoy my relationships more and participate in more social interactions.
- 3 = *Great*: My friendships and other relationships have improved a lot because of my positive emotions. I enjoy social activities and socialize frequently.
- 4 = *Excellent*: My positive emotions have completely enhanced my social activities. All of my relationships have improved. My family life is positive.

TOTAL SCORE: _____