

SAI-R: Personal Experience

The survey below is designed to help understand the feelings and thoughts people experience in different situations during a typical day. We would like you to share with us your experiences in this regard. Directions: The 18 different feelings and thoughts follow the question that appears in bold type below. These are to be rated on the scales ranging from 1 = Very Weak to 5 = Very Strong that appear to the right of each item. Please read every item carefully, and circle the number, on the right, that best describes the strength of your feelings and thoughts. It is important that you do not skip any of the items. There is no right or wrong answer.

"How strongly do you have these feelings or thoughts during a typical day?"

	Very Weak	Weak	Neither Weak nor Strong	Strong	Very Strong
	1	2	3	4	5
01. Creative	1	2	3	4	5
02. Happy	1	2	3	4	5
03. Uninhibited	1	2	3	4	5
04. Things seem to flow	1	2	3	4	5
05. Alive	1	2	3	4	5
06. Free to invent	1	2	3	4	5
07. Exhilarated	1	2	3	4	5
08. Free to act, even outrageously	1	2	3	4	5
09. Living fully with balance	1	2	3	4	5
10. Energized	1	2	3	4	5
11. In control	1	2	3	4	5
12. Light and loving	1	2	3	4	5
13. Fulfilled	1	2	3	4	5
14. Pleasure	1	2	3	4	5
15. Powerful	1	2	3	4	5
16. Successful	1	2	3	4	5
17. Do whatever, within limits	1	2	3	4	5
18. Joyful	1	2	3	4	5

Please complete the following information:

Your age _____ Sex M/F _____ Years of education _____

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