Please indicate the extent to which each of the following statements describe you today.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Not at all  |   |   |   |   |   | Very much |
| How nostalgic did you feel today?  |  |  |  |  |  |  |  |
| To what extent did you feel sentimental for the past?  |  |  |  |  |  |  |  |
| How much did you feel a wistful affection for the past?  |  |  |  |  |  |  |  |
| To what extent did you feel a longing to return to a former time in your life?  |  |  |  |  |  |  |  |

Listed below are a number of feelings and emotions. Please indicate how strongly you felt that way today.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | did not feel this way at all |   |   | felt this way moderately  |   |   | felt this way very strongly |
| enthusiastic  |  |  |  |  |  |  |  |
| calm  |  |  |  |  |  |  |  |
| stressed |  |  |  |  |  |  |  |
| depressed |  |  |  |  |  |  |  |
| delighted |  |  |  |  |  |  |  |
| peaceful |  |  |  |  |  |  |  |
| angry  |  |  |  |  |  |  |  |
| disappointed  |  |  |  |  |  |  |  |
| happy  |  |  |  |  |  |  |  |
| relaxed  |  |  |  |  |  |  |  |
| annoyed  |  |  |  |  |  |  |  |
| miserable  |  |  |  |  |  |  |  |
| glad  |  |  |  |  |  |  |  |
| contented  |  |  |  |  |  |  |  |
| tense |  |  |  |  |  |  |  |
| gloomy |  |  |  |  |  |  |  |
| at ease |  |  |  |  |  |  |  |
| excited |  |  |  |  |  |  |  |
| nervous |  |  |  |  |  |  |  |
| sad |  |  |  |  |  |  |  |
| alone |  |  |  |  |  |  |  |
| lonely |  |  |  |  |  |  |  |