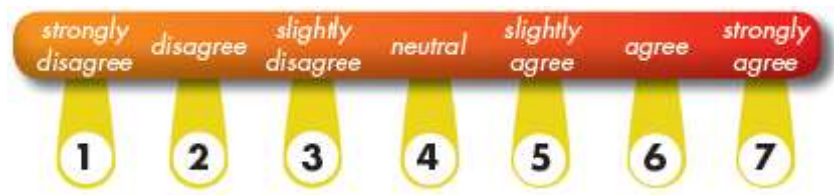


Understand Yourself

Negative Affectivity



Using the scale above, and thinking about yourself and how you usually feel, indicate beside each item below to what extent it generally describes you:

- ___ 1. Often feel blue
- ___ 2. Feel comfortable with myself
- ___ 3. Am very pleased with myself
- ___ 4. Have frequent mood swings
- ___ 5. Panic easily
- ___ 6. Rarely get irritated
- ___ 7. Seldom feel blue
- ___ 8. Dislike myself
- ___ 9. Am not easily bothered by things
- ___ 10. Am often down in the dumps

Scoring: For items 2, 3, 6, 7, and 9 subtract your score from 5. Then add up the ten scores to calculate your negative affectivity score.

Interpretation: If your *negative affectivity score is greater than 28*, it is above average compared to a sample of 178 people under the age of 30. To reduce your negative affectivity, try to think more positively and focus on those things for which you can be

grateful. Keeping a gratitude journal can help you reflect positively on the things that happen in your life.