Instructions:

The following statements refer to your moods and mentality in general. Please try as much as possible to describe your habitual behavior patterns and attitudes by marking an X through one of the four alternatives. Please use the following scale:

1. strongly disagree
2. moderately disagree
3. moderately agree
4. strongly agree

For example:

I am an active person. .......................................................... (1) (2) (3) (4)

If you strongly agree with this statement, that is, if you are in general an active person, mark an X through (4). If you strongly disagree, that is, if you are habitually not active at all, mark an X through (1). If you have difficulty answering a question, pick the response that most applies.

Please answer every question, do not omit any.

1. People often have reason to ask if something is eating me. .................... (1) (2) (3) (4)
2. My way of life can be described as positive and carefree. .................... (1) (2) (3) (4)
3. I very seldom act without a proper reason. ........................................ (1) (2) (3) (4)
4. I am a cheerful person. ............................................................ (1) (2) (3) (4)
5. Most of my friends are more likely to be serious and reflective. ........ (1) (2) (3) (4)
6. Some annoying circumstances are capable of spoiling my mood for quite a while. (1) (2) (3) (4)
7. I prefer conversations that deal with important things and are very profound. … (1) (2) (3) (4)
8. Sometimes I have the feeling of an inner emptiness. ........................ (1) (2) (3) (4)
9. I can be made to laugh easily. ................................................... (1) (2) (3) (4)
10. I find it unnecessary when people exaggerate in talking to me. ............ (1) (2) (3) (4)
11. Compared to others, I really can be grumpy and grouchy. ............... (1) (2) (3) (4)
12. I plan my actions and make my decisions so that they are useful to me in the long run. ...................................................... (1) (2) (3) (4)
13. I often feel despondent. ......................................................... (1) (2) (3) (4)
14. I can easily unwind and enjoy the moment. .................................. (1) (2) (3) (4)
15. I am a serious person. ......................................................... (1) (2) (3) (4)
Everyday life often gives me the occasion to laugh.
I often think, "For heaven's sake, don't bother me today."
In my life, I like to have everything correct.
I have a "sunny" nature.
When I watch TV, I prefer informative reports to "shallow" programs.
When I am distressed, even a very funny thing fails to cheer me up.
I often smile.
In everything I do, I always consider every possible effect and compare all pros and cons carefully.
When friends try to cheer me up by joking or fooling around, I sometimes become more morose and grumpy.
Laughing has a contagious effect on me.
I often find that the small things in everyday life are really funny and amusing.
There are many days on which I think, "I got up on the wrong side of bed."
In most situations, I initially see the serious aspect.
Sometimes I am sad without any reason.
I like to laugh and do it often.
My mood is often not the best one.
I am a merry person.
When I am in contact with others, I often find that I have thought many things through more thoroughly than they.
Even if there is no reason, I often feel ill-humored.
Many adversities of everyday life actually do have a positive side.
In conversation, I always avoid exaggerations, embellishments, and ambiguities, all of which do not contribute to the meaning of my statements.
I am often in a bad mood.
I feel completely contented being with cheerful people.
(1) strongly disagree  (2) moderately disagree  (3) moderately agree  (4) strongly agree

39 My everyday life is filled mainly with important things and matters. .............. (1) (2) (3) (4)
40 Sometimes I am distressed for a very long time. .......................................... (1) (2) (3) (4)
41 The good mood of others has a contagious effect on me. ............................... (1) (2) (3) (4)
42 I don't understand how others can waste their time on senseless matters. ........ (1) (2) (3) (4)
43 I am often sullen. ............................................................................................ (1) (2) (3) (4)
44 I often find the slight mishaps of everyday life amusing, even if they happen to me. ........................................................................................................... (1) (2) (3) (4)
45 My acquaintances often get on my nerves. ...................................................... (1) (2) (3) (4)
46 I am often in a good mood, even without a specific reason. ............................ (1) (2) (3) (4)
47 I tend to plan far in advance and to set long-term goals for myself. ............... (1) (2) (3) (4)
48 I often feel so gloomy that nothing can make me laugh. ............................... (1) (2) (3) (4)
49 Even seemingly trivial things have to be treated seriously and responsibly... (1) (2) (3) (4)
50 I am often in a joyous mood. ............................................................................ (1) (2) (3) (4)
51 If I am in a bad mood, I can't stand the presence of cheerful people. ............. (1) (2) (3) (4)
52 I try to spend my free time doing things as useful as possible. ....................... (1) (2) (3) (4)
53 Experience has shown me that the proverb "Laughter is the best medicine" is really true. .......................................................... (1) (2) (3) (4)
54 I am a rather sad person. ................................................................................... (1) (2) (3) (4)
55 I prefer people who communicate with deliberation and objectivity. .............. (1) (2) (3) (4)
56 I often feel so weary that I cannot rouse myself to do anything. .................... (1) (2) (3) (4)
57 I like to kid around with others. ................................................................. (1) (2) (3) (4)
58 When I communicate with other people, I always try to have an objective and sober exchange of ideas. ................................................................. (1) (2) (3) (4)
59 It is easy for me to spread good cheer. ............................................................ (1) (2) (3) (4)
60 One of my principles is: "first work, then play." ........................................ (1) (2) (3) (4)

Please check to see that you have answered every statement.