

IV-D-1. HOW ARE YOU FEELING RIGHT NOW?

ANALYSIS

Scoring Key

To score the measure, first reverse-code items 6, 7, 8, 9, and 10 so that 1=5, 2=4, 3=3, 4=2, and 5=1. Then, compute the sum of the 10 items. Scores will range from 10 to 50.

Your score is: 45

Interpretation

This scale measures whether you are currently experiencing positive or negative emotions. Your score on this measure can range from 10 to 50, with higher numbers indicating that you are experiencing more positive emotions and lower numbers indicating that you are experiencing more negative emotions. If you took some of the other measures in this self-assessment library (such as those on personality and attitudes) more than once, your scores would probably be similar. In contrast, your scores on this measure may vary quite a bit from one day to the next. This is because the emotions we feel change regularly; we might feel happy or excited at one moment but sad or angry the next.

The emotions we experience have an influence on our behavior in organizations. In general, people and organizations tend to benefit from positive emotions. When we experience positive emotions, we tend to be more creative, more satisfied with our jobs, and more willing to help our coworkers. In contrast, when we experience negative emotions, we tend to be less motivated, more likely to find ourselves in interpersonal conflicts, and more likely to engage in deviant workplace behaviors. Interestingly, the emotions we experience can affect others too. Both positive and negative emotions can be contagious. So, displaying positive emotions around others can put those others in a good mood, while displaying negative emotions around others can put those others in a bad mood. Finally, research has shown that our personalities influence the emotions we regularly experience. While extraverted people tend to experience more positive emotions, neurotic people tend to display more negative emotions, even if they are exposed to the same event.

My Answers

1. Happy	very much
2. Cheerful	very much
3. Delighted	very much
4. Excited	very much
5. Enthusiastic	very much
6. Distressed	a little
7. Angry	a little

8. Fearful

a little

9. Sad

a little

10. Ashamed

a little

