

Questionnaire 2: Feelings at work

(A printable version of this questionnaire is available at www.psypress.com/joyofwork)

Thinking overall about the past few weeks, how have you felt about your job? Please choose one option for each of the 12 descriptions below. Place a circle around the appropriate number in each case.

	I have felt:	Not at all	Just a little	Quite	Very	Extremely
1	Enthusiastic	1	2	3	4	5
2	Contented	1	2	3	4	5
3	Anxious	1	2	3	4	5
4	Gloomy	1	2	3	4	5
5	Excited	1	2	3	4	5
6	Comfortable	1	2	3	4	5
7	Tense	1	2	3	4	5
8	Depressed	1	2	3	4	5
9	Interested	1	2	3	4	5
10	Relaxed	1	2	3	4	5
11	Worried	1	2	3	4	5
12	Miserable	1	2	3	4	5

Today's date: