



Erasmus+

SELF –ASSESSMENT MEASUREMENT

Name:

Gender:

Age:

Date:

DIRECTIVE: Some expressive sentences that are used to express and tell the emotions which a person feels personally are give below. Read each expression, then to define how you feel **at that moment** choose the suitable one by putting a mark on the expressions on the right parantheses. There isn't a true or a false answer . Mark the answer which expresses how you feel **now** without spending a lot of time on each statement.

AT THE MOMENT,			None	A little	Quite	Very
*	1.	I feel strong.				
	2.	I feel sorrow.				
*	3.	I feel healthy.				
	4.	I am bored.				
*	5.	I feel alive.				
	6.	I feel sad.				
*	7.	I feel I'm in secured hands.				
	8.	I am pessimistic.				
	9.	I feel awful.				
*	10.	I look towards the future in hope.				
*	11.	I am calm right now.				
*	12.	I feel safe .				
	13.	I am tense at the moment.				
	14.	I am in the state of feeling regret.				
*	15.	I am in peace now.				
	16.	I feel so indisposed.				
	17.	I feel worried about the things that will happen to me.				
*	18.	I feel so rested.				
	19.	I am anxious at the moment.				
*	20.	I feel comfortable.				
*	21.	I have confidence in myself.				
	22.	I am having a nervous breakdown at the moment.				
	23.	I am very angry.				

	24.	I feel that my nerves are so tense.				
	25.	I feel so relaxed.				
*	26.	I am pleased of myself right now.				
	27.	I am anxious right now.				
	28.	I feel suprised because of excitement.				
*	29.	I feel joy at the moment.				
*	30.	I am in high spirits right now /I feel well right now.				

In this measurement some parts are ‘straight’ and some are ‘ opposite’. The opposite parts are marked with (*). The number of options of the marked opposite parts should be coded when the total points are calculated. This code should be something like below:

If a person :chooses (1) this should be coded as 4 points.

: chooses (4) this should be coded as 1 point.

: chooses (2) this should be coded as 3 points.

: chooses (3) this should be coded as 2 points.

The total points are calculated and found by the number of the option that is marked by the straight parts by adding the numbers converted for the opposite parts as mentioned above.