

FELT AROUSAL SCALE

Estimate here how aroused you actually feel. Do this by circling the appropriate number. By “arousal” here is meant how “worked-up” you feel. You might experience high arousal in one of a variety of ways, for example as excitement or anxiety or anger. Low arousal might also be experienced by you in one of a number of different ways, for example as relaxation or boredom or calmness.

6 High Arousal

5

4

3

2

1 Low Arousal