

Kelley Affect Inventory

1

Date _____

Below is a list of words that describe feelings people have. Please read each one carefully. Then circle the answer that best describes **HOW YOU FEEL RIGHT NOW**. Make sure you respond to every word.

	<i>Not at all</i>	<i>A little</i>	<i>Moderately</i>	<i>Quite a bit</i>	<i>Extremely</i>
1. Agreeable	0	1	2	3	4
2. Alert	0	1	2	3	4
3. Angry	0	1	2	3	4
4. Annoyed	0	1	2	3	4
5. Anxious	0	1	2	3	4
6. Centered	0	1	2	3	4
7. Mad	0	1	2	3	4
8. Calm	0	1	2	3	4
9. Cheerful	0	1	2	3	4
10. Confident	0	1	2	3	4
11. Confused	0	1	2	3	4
12. Good	0	1	2	3	4
13. Depressed	0	1	2	3	4
14. Encouraged	0	1	2	3	4
15. Energetic	0	1	2	3	4
16. Exhausted	0	1	2	3	4
17. Happy	0	1	2	3	4
18. Positive	0	1	2	3	4
19. Miserable	0	1	2	3	4
20. Nervous	0	1	2	3	4
21. Panicky	0	1	2	3	4
22. Relaxed	0	1	2	3	4
23. Restful	0	1	2	3	4
24. Satisfied	0	1	2	3	4
25. Tired	0	1	2	3	4
26. Ready	0	1	2	3	4
27. Uncertain	0	1	2	3	4
28. Unhappy	0	1	2	3	4
29. Worn-out	0	1	2	3	4
30. Worried	0	1	2	3	4
31. Weak	0	1	2	3	4
32. Focused	0	1	2	3	4

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Scoring

Positive Items		Negative Items	
1 _____	26 _____	3 _____	30 _____
2 _____	32 _____	4 _____	31 _____
6 _____		5 _____	
8 _____		7 _____	
9 _____		11 _____	
10 _____		16 _____	
12 _____		13 _____	
14 _____		19 _____	
15 _____		20 _____	
17 _____		21 _____	
18 _____		25 _____	
22 _____		27 _____	
23 _____		28 _____	
24 _____		29 _____	
Total _____		Total _____	
Your total / 106 Average Score = _____		Your total / 106 Average Score = _____	

What do you think?

Is your average score accurate for how you feel right now?

What next?