

Trait Anxiety Inventory

Below are a number of statements which people have used to describe themselves. Mark the number that indicates how you generally feel. (There are not right or wrong answers.)

	<i>Not at all</i>	<i>Somewhat</i>	<i>Moderately so</i>	<i>Very much so</i>
I feel pleasant. ^R	1	2	3	4
I feel nervous and restless.	1	2	3	4
I am satisfied with myself. ^R	1	2	3	4
I wish I could be as happy as others seem to be.	1	2	3	4
I feel like a failure.	1	2	3	4
I feel rested. ^R	1	2	3	4
I am "calm, cool, and collected". ^R	1	2	3	4
I feel that difficulties are piling up so that I cannot overcome them.	1	2	3	4
I worry too much over something that doesn't really matter.	1	2	3	4
I am happy. ^R	1	2	3	4
I have disturbing thoughts.	1	2	3	4
I lack confidence.	1	2	3	4
I feel secure. ^R	1	2	3	4
I make decisions easily. ^R	1	2	3	4
I feel inadequate.	1	2	3	4
I am content. ^R	1	2	3	4
Some unimportant thought runs through my mind and bothers me.	1	2	3	4
I take disappointments so keenly that I can't put them out of my mind.	1	2	3	4

	<i>Not at all</i>	<i>Somewhat</i>	<i>Moderately</i> <i>so</i>	<i>Very much so</i>
I am a steady person. ^R	1	2	3	4
I get in a state of tension or turmoil as I think over my recent concerns and interests.	1	2	3	4
