

# (DES-IV-A)

©1993 Carroll E. Izard, PhD.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Below you will find a series of statements that people use to describe how they feel. Read each statement and decide how often it describes how you feel in your daily life. Select a number between 1 and 5 to the right of each question that indicates how often the statement is true of you in your day-to-day life. **Only circle one number per statement and please be sure to answer every question.** Answer the following statements based on the choices to the right  
1=Rarely or Never, through 5=Very Often.

## EMOTIONS AND FEELINGS

Rarely or Never	Hardly Ever	Sometimes	Often	Very Often
-----------------	-------------	-----------	-------	------------

### In your daily life, how often do you...

1.	Feel regret, sorry about something you did	1	2	3	4	5
2.	Feel sheepish, like you do not want to be seen	1	2	3	4	5
3.	Feel glad about something	1	2	3	4	5
4.	Feel like something stinks, puts a bad taste in your mouth	1	2	3	4	5
5.	Feel you can't stand yourself	1	2	3	4	5
6.	Feel embarrassed when anybody sees you make a mistake	1	2	3	4	5
7.	Feel unhappy, blue, downhearted	1	2	3	4	5
8.	Feel surprised, like when something suddenly happens you had no idea would happen	1	2	3	4	5
9.	Feel like somebody is a low-life, not worth the time of day	1	2	3	4	5
10.	Feel shy, like you want to hide	1	2	3	4	5
11.	Feel like what you're doing or watching is interesting	1	2	3	4	5
12.	Feel scared, uneasy, like something might harm you	1	2	3	4	5
13.	Feel mad at somebody	1	2	3	4	5
14.	Feel mad at yourself	1	2	3	4	5
15.	Feel happy	1	2	3	4	5
16.	Feel like somebody is a "good-for-nothing"	1	2	3	4	5
17.	Feel so interested in what you're doing, caught up in it	1	2	3	4	5
18.	Feel amazed, like you can't believe what's happened, it was so unusual	1	2	3	4	5
19.	Feel fearful, like you're in danger, very tense	1	2	3	4	5
20.	Feel like screaming at somebody or banging on something	1	2	3	4	5
21.	Feel sad and gloomy, almost like crying	1	2	3	4	5
22.	Feel like you did something wrong	1	2	3	4	5
23.	Feel bashful, embarrassed	1	2	3	4	5
24.	Feel disgusted, like something is sickening	1	2	3	4	5
25.	Feel joyful, like everything is going your way, everything is rosy	1	2	3	4	5
26.	Feel like people laugh at you	1	2	3	4	5
27.	Feel like things are so rotten they could make you sick	1	2	3	4	5
28.	Feel sick about yourself	1	2	3	4	5
29.	Feel like you are better than somebody	1	2	3	4	5
30.	Feel like you ought to be blamed for something	1	2	3	4	5
31.	Feel the way you do when something unexpected happens	1	2	3	4	5
32.	Feel alert, curious, kind of excited about something unusual	1	2	3	4	5
33.	Feel angry, irritated, annoyed with somebody	1	2	3	4	5
34.	Feel discouraged, like you can't make it, nothing's going right	1	2	3	4	5
35.	Feel afraid	1	2	3	4	5
36.	Feel like people always look at you when anything goes wrong	1	2	3	4	5