



Red Willow
COUNSELING & RECOVERY

Fordyce Emotions Questionnaire

In general, how happy or unhappy do you usually feel? Check the one statement below that best describes your average happiness.

- 10. Extremely happy (feeling ecstatic, joyous, fantastic)
- 9. Very happy (feeling really good, elated)
- 8. Pretty happy (spirits high, feeling good)
- 7. Mildly happy (feeling fairly good and somewhat cheerful)
- 6. Slightly happy (just a bit above normal)
- 5. Neutral (not particularly happy or unhappy)
- 4. Slightly unhappy (just a bit below neutral)
- 3. Mildly unhappy (just a bit low)
- 2. Pretty unhappy (somewhat "blue," spirits down)
- 1. Very unhappy (depressed, spirits very low)
- 0. Extremely unhappy (utterly depressed, completely down)

Consider your emotions moment further. On average, what percentage of the time do you feel happy? What percentage of the time do you feel unhappy? What percentage of the time do you feel neutral (neither happy nor unhappy)? Write down your best estimates, as well as you can, in the spaces below. Make sure the three figures add up to 100 percent.

On average:

The percent of time I feel happy ___%

The percent of time I feel unhappy ___%

The percent of time I feel neutral ___%

Source: Michael W. Fordyce. Authentic Happiness. 2002.