

# STICSA

## Your Mood at This Moment

Below is a list of statements which can be used to describe how people feel. Beside each statement are four numbers which indicate the degree with which each statement is self-descriptive of your mood at this moment (eg, 1 = not at all, 4 = very much so). *Please read each statement carefully and circle the number which best indicates **how you feel right now, at this very moment, even if this is not how you usually feel.***

Not at all  
A little  
Moderately  
Very much so

### ***In general.....***

1. My heart beats fast . . . . .	1	2	3	4
2. My muscles are tense . . . . .	1	2	3	4
3. I feel agonised over my problems . . . . .	1	2	3	4
4. I think that others won't approve of me. . . . .	1	2	3	4
5. I feel like I'm missing out on things because I can't make up my mind soon enough . . . . .	1	2	3	4
6. I feel dizzy. . . . .	1	2	3	4
7. My muscles feel weak . . . . .	1	2	3	4
8. I feel trembly and shaky . . . . .	1	2	3	4
9. I picture some future misfortune. . . . .	1	2	3	4
10. I can't get some thought out of my mind. . . . .	1	2	3	4
11. I have trouble remembering things . . . . .	1	2	3	4
12. My face feels hot . . . . .	1	2	3	4
13. I think that the worst will happen. . . . .	1	2	3	4
14. My arms and legs feel stiff . . . . .	1	2	3	4
15. My throat feels dry . . . . .	1	2	3	4
16. I keep busy to avoid uncomfortable thoughts. . . . .	1	2	3	4
17. I cannot concentrate without irrelevant thoughts intruding . . . . .	1	2	3	4
18. My breathing is fast and shallow . . . . .	1	2	3	4
19. I worry that I cannot control my thoughts as well as I would like to. . . . .	1	2	3	4
20. I have butterflies in the stomach. . . . .	1	2	3	4
21. My palms feel clammy . . . . .	1	2	3	4