

Fordyce Emotions Questionnaire¹

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 ___%

Based on a sample of 3,050 American adults, the average score (out of 10) is 6.92. The average score on time is happy, 54.13 percent; unhappy, 20.44 percent; and neutral, 25.43 percent

¹Michael W. Fordyce. Adapted from *Authentic Happiness*, Martin E. P. Seligman, Ph.D. Free Press, A Division of Simon & Schuster, Inc New York, NY, 2002

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