

# Mood Awareness Scale

Use the following scale in responding to the items below:

- 1 = disagree very much**
- 2 = disagree moderately**
- 3 = disagree slightly**
- 4 = agree slightly**
- 5 = agree moderately**
- 6 = agree very much**

- \_\_\_ 1. I have a hard time labeling my feelings.
- \_\_\_ 2. I'm usually "tuned in" to my emotions.
- \_\_\_ 3. I find myself thinking about my mood during the day.
- \_\_\_ 4. I am sensitive to changes in my mood.
- \_\_\_ 5. I have trouble explaining my feelings.
- \_\_\_ 6. On my way home from work or school, I find myself evaluating my mood.
- \_\_\_ 7. Right now I know what kind of mood I am in.
- \_\_\_ 8. I often evaluate my mood.
- \_\_\_ 9. I'm never really sure what I'm feeling.
- \_\_\_ 10. I don't pay much attention to my moods.

Source: From Alan Swinkels, Traci A. Giuliano, "The Measurement and Conceptualization of Mood Awareness: Monitoring and Labeling One's Mood States," *Personality & Social Psychology Bulletin* 21(9). Copyright © 1995 SAGE Publications. Reprinted by permission of SAGE Publications.