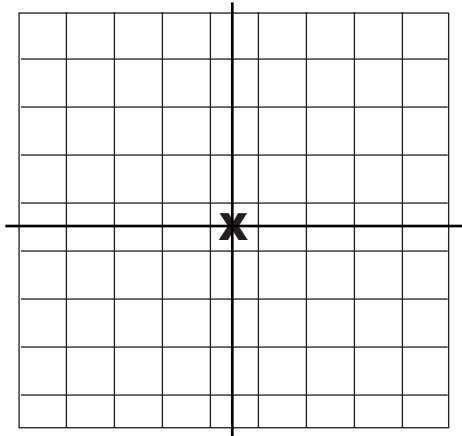
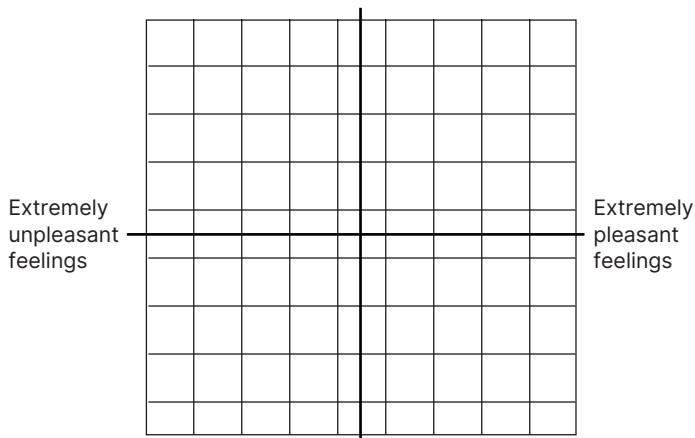


The Affect Grid

You use the “affect grid” to describe feelings. It is in the form of a square—a kind of map for feelings. The center of the square (marked by X in the grid below) represents a neutral, average, everyday feeling. It is neither positive nor negative.



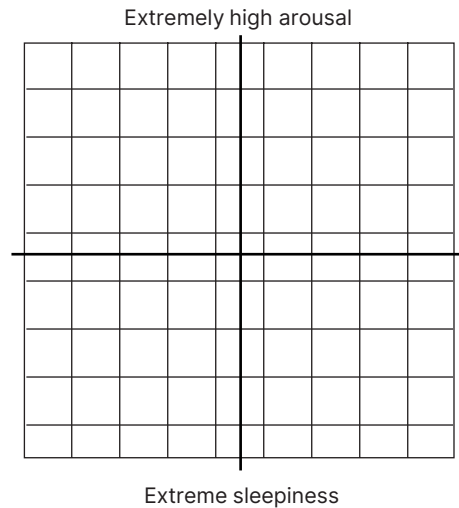
The right half of the grid represents pleasant feelings. The farther to the right the more pleasant. The left half represents unpleasant feelings. The farther to the left, the more unpleasant.



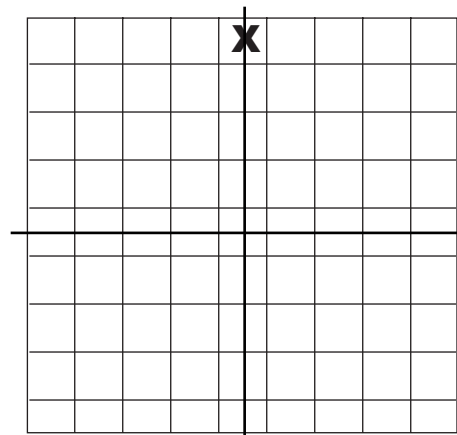
The vertical dimension of the map represents degree of arousal. Arousal has to do with how wide awake, alert, or activated a person feels—independent of whether the feeling is positive or negative.

The top half is for feelings that are above average in arousal. The lower half is for feelings below average. The bottom represents sleep, and the higher you go, the more awake a person feels. So, the next step up from the bottom would be half awake/half asleep.

At the top of the square is maximum arousal. If you imagine a state we might call frantic excitement (remembering that it could be either positive or negative), then this feeling would define the top of the grid.



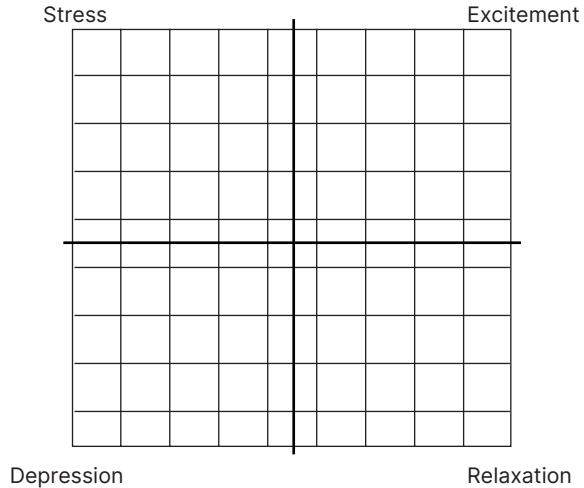
If the “frantic excitement” was positive it would, of course, fall on the right half of the grid. The more positive, the farther to the right. If the “frantic excitement” was negative, it would fall on the left half of the grid. The more negative, the farther to the left. If the “frantic excitement” was neither positive nor negative, then it would fall in the middle square of the top row, as shown below.



ACTIVITIES

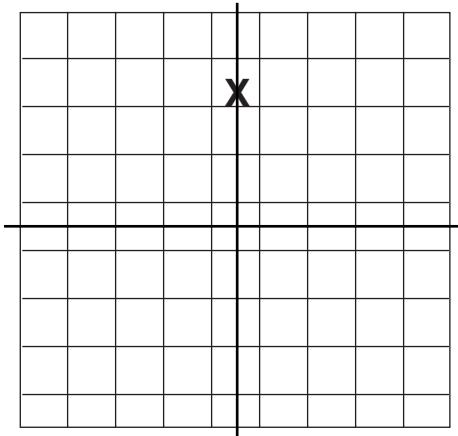
(continued)

Other areas of the grid can be labeled as well. Up and to the right are feelings of ecstasy, excitement, joy. Opposite these, down and to the left, are feelings of depression, melancholy, sadness, and gloom. Up and to the left are feelings of stress and tension. Opposite these, down and to the right, are feelings of calm, relaxation, serenity.

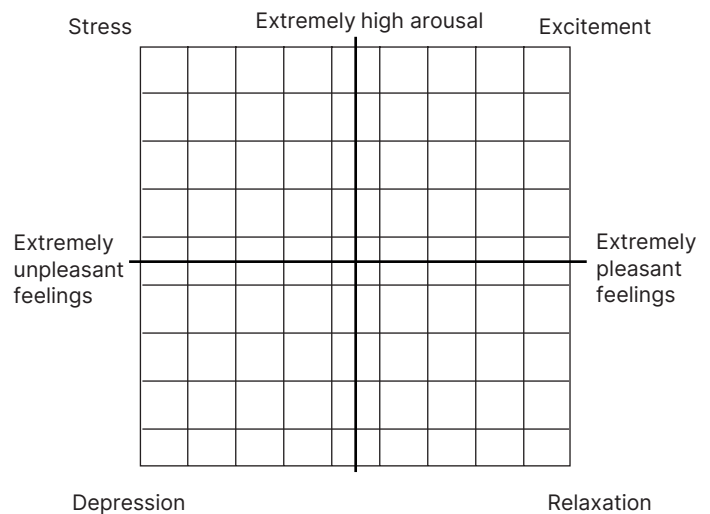
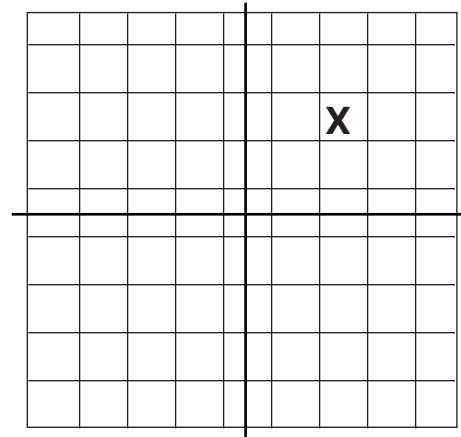


Feelings are complex. They come in all shades and degrees. The labels we have given are merely landmarks to help you understand the affect grid. When actually using the grid, put an X anywhere in the grid to indicate the exact shade and intensity of feeling. Please look over the entire grid to get a feel for the meaning of the various areas.

Example: Suppose that you were just surprised. Suppose further that the surprise was neither pleasant nor unpleasant. Probably you would feel more aroused than average. You might put your mark as shown.



Example: Suppose, instead, that you were only mildly surprised but that the surprise was a mildly pleasant one. You might put your mark as shown below.



Please rate how you are feeling right now.

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