INTERNAL STATE SCALE (v.2)

For each of the following statements, please blacken the circle on the line that best describes the way you have felt over the past 24 hours. While there may have been some change during that time, try to give a single summary rating for each item.

Today my mood is changeable.

(1) Not at all Rarely

Today I feel irritable.

(2) Not at all Rarely

Today I feel like a capable person.

(3) Not at all Rarely

Today I feel like people are out to get me.

(4) Not at all Rarely

Today I actually feel great inside.

(5) Not at all Rarely

Today I feel Impulsive.

(6) Not at all Rarely

Name: ___________________________ Date: ___________________________
Today I feel depressed.

(7)

Today my thoughts are going fast.

(8)

Today it seems like nothing will ever work out for me.

(9)

Today I feel overactive.

(10)

Today I feel as if the world is against me.

(11)

Today I feel "sped up" inside.

(12)

Today I feel restless.

(13)
Today I feel argumentative.

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| Rarely | Much of the time

Today I feel energized.

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| Rarely | Much of the time

Today I feel:

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| Depressed | Normal | High

from: