

Telic/Paratelic State Inventory (Modified)

Researcher Instructions: *The inventory is in a format suitable for use with subjects on the next page.*
Note that the following items should be reverse scored: 2, 3, 6, 7, 9, and 11.

Instructions: *Below, you will find pairs of phrases that represent opposite sentiments. For each item, a rating of 1 indicates that you strongly agree with the sentiment on the left, whereas a rating of 9 indicates that you strongly agree with the sentiment on the right.*

Please click the number that indicates how you were feeling in the LAST FEW MINUTES.

Feeling playful	1 2 3 4 5 6 7 8 9	Feeling serious-minded
Wanting peace and quiet	1 2 3 4 5 6 7 8 9	Wanting adventure
Trying to accomplish something	1 2 3 4 5 6 7 8 9	Just having fun
Doing an activity just for the fun of it	1 2 3 4 5 6 7 8 9	Doing an activity because it may affect the future
Wanting to feel excitement	1 2 3 4 5 6 7 8 9	Wanting to feel calm
Wanting to be serious	1 2 3 4 5 6 7 8 9	Wanting to be playful
Concerned about the future effects of my current activity	1 2 3 4 5 6 7 8 9	Not concerned about the future effects of my current activity
Wanting to just have fun	1 2 3 4 5 6 7 8 9	Wanting to accomplish something
Wanting to feel less energetic	1 2 3 4 5 6 7 8 9	Wanting to feel more energetic
Living for the moment	1 2 3 4 5 6 7 8 9	Focusing on the future
Feeling serious	1 2 3 4 5 6 7 8 9	Feeling playful
Feeling adventurous	1 2 3 4 5 6 7 8 9	Not feeling adventurous