

DAILY WORK SURVEY

Full Name _____ ID _____

Date _____ Time _____

SECTION I: Below are several statements with which you may agree or disagree. Using the 1-5 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

1 2 3 4 5
Strongly Disagree Disagree Neutral Agree Strongly agree

1. ____ At this very moment, I am enthusiastic about my work.
2. ____ Right now, I feel fairly satisfied with my present job.
3. ____ At present, each minute at work seems like it will never end.
4. ____ At this moment, I am finding real enjoyment in my work.
5. ____ Right now, I consider my job rather unpleasant.
6. ____ Tonight after work, I will feel too tired to do some of things I'd like to do at home.
7. ____ Today on the job I have so much work to do that it takes away from my personal interests.
8. ____ Today I likely will feel preoccupied with work even when I am at home.
9. ____ Today my work will likely take up time that I'd like to spend with family/friends.
10. ____ Today I have felt too tired at work because of the things I have had to do at home.
11. ____ My personal demands have been so great that, today, it has taken away from my work.
12. ____ Today I think my co-workers may feel I am preoccupied with my personal life while at work.
13. ____ Today my personal life has taken up time that I'd like to spend at work.
14. ____ Right now, my job is requiring me to work very fast.
15. ____ Right now, my job is requiring me to work very hard.
16. ____ Right now, my job is leaving me with little time to get things done.
17. ____ Right now, there is a great deal to be done.
18. ____ Right now, I have more work than I can do well.

SECTION II: This scale consists of a number of words that describe different feelings and emotions. Indicate to what extent you experience the following states right now, using this scale:

1=Very slightly or not at all
2=A little
3=Moderately
4=Quite a bit
5=Very much

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|------------------------------|------------------------|----------------------------------|
| 1. _____ Disgusted | 7. _____ Ashamed | 13. _____ Guilty |
| 2. _____ Scornful | 8. _____ Scared | 14. _____ Nervous |
| 3. _____ Irritable | 9. _____ Angry at self | 15. _____ Afraid |
| 4. _____ Upset | 10. _____ Distressed | 16. _____ Loathing |
| 5. _____ Angry | 11. _____ Blameworthy | 17. _____ Hostile |
| 6. _____ Disgusted with self | 12. _____ Jittery | 18. _____ Dissatisfied with self |