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YOUR POSITIVE & NEGATIVE EMOTIONALITY PROFILE

EQ SELF-ASSESSMENT

($297 Value)

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Yesterday I was clever so I wanted to change the world.

Today I am wise so I am changing myself"

Rumi

YOUR POSITIVE & NEGATIVE EMOTIONALITY PROFILE BASED ON THE EVIDENCE-BASED POSITIVE AND NEGATIVE AFFECT SCHEDULE

Positive affect refers to the propensity to experience positive emotions and interact with others positively, even through the challenges of life.

Negative affect, on the other hand, involves experiencing the world in a more negative way.

The Positive and Negative Affect Schedule is a questionnaire that consists of two sub-scales to measure positive and negative affect, assessing how a respondent generally feels.

It captures affective experiences of the respondent from week-to-week as they engage in everyday life they are asked to indicate the extent they have felt a certain way “over the past week”. Each item is a single word affect, e.g. “Excited”, “Guilty”.

This questionnaire will provide you with insight to your propensity to experience both affects separately.

This might also occur if you tend to feel negative emotions and act more negatively within your relationships or your surroundings.

While these two states are on opposite ends of the spectrum, both states effect our lives and how we live.

	Indicate the extent you have felt this way over the past week	Slightly or not at all	A little	Moderately	Quite a bit	Extremely
PANAS 01	Interested	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 02	Distressed	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 03	Excited	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 04	Upset	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 05	Strong	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 06	Guilty	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 07	Scared	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 08	Hostile	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 09	Enthusiastic	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 10	Proud	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 11	Irritable	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 12	Alert	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 13	Ashamed	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 14	Inspired	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 15	Nervous	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 16	Determined	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 17	Attentive	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 18	Jittery	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 19	Active	○ 1	○ 2	○ 3	○ 4	○ 5
PANAS 20	Afraid	○ 1	○ 2	○ 3	○ 4	○ 5

Scoring

The Positive and Negative Affect subscales each have 5 questions with a scoring range of 1-5, where each scale is scored out of 50.

POSITIVE AFFECT SCORE		NEGATIVE AFFECT SCORE	
QUESTION	SCORE	QUESTION	SCORE
PANAS 01		PANAS 02	
PANAS 03		PANAS 04	
PANAS 05		PANAS 06	
PANAS 09		PANAS 07	
PANAS 10		PANAS 08	
PANAS 12		PANAS 11	
PANAS 14		PANAS 13	
PANAS 16		PANAS 15	
PANAS 17		PANAS 18	
PANAS 19		PANAS 20	
TOTAL		TOTAL	

Scoring System

LOW SCORE	MEDIUM SCORE	HIGH SCORE
10 - 22	23 - 37	38 - 50

POSITIVE AFFECT

Low Scoring Range

If you scored between 10 and 22, this indicates that you scored on the lower range for positive affectivity. This suggests that you may have a lower propensity to experience positive emotions (e.g. joy, contentment), expressions and may experience less positive interactions with others. With this insight, you can reflect on what induces positivity in your life, and consciously work towards introducing more positive experiences in your daily life. A coach can effectively guide you through any potential limiting factors on experiencing such emotions.

Medium Scoring Range

If you scored between 23 and 37, this indicates that you scored on the medium range for positive affectivity. This suggests that you may have an average propensity to experience positive emotions (e.g joy, contentment), expressions and less positive interactions with others. With this insight, you can reflect on what induces positivity in your life, and work towards increasing this. At this level, a coach can effectively guide you to identify any potential limiting factors that may hold you back from the highest scoring range in terms of positive affectivity.

High Scoring Range

If you scored between 38 and 50, this indicates that you scored in the higher range for positive affectivity. This suggests that you may have high propensity to experience positive emotions (e.g joy, contentment), expressions and positive interactions with others. With this insight, you may reflect on what induces positivity in your life and explore the why's behind this. Discuss and acknowledge this as a strength you possess with your coach, considering how you may serve others with it.

Dive deeper and explore your emotional intimacy on your complimentary 45- min coaching session and professional unpack today...

info@annahayconsulting.com

NEGATIVE AFFECT

Low Scoring Range

If you scored between 10 and 22, this indicates that you scored within the lower range for negative affectivity. This suggests that you may have reduced propensity to experience negative emotions (e.g. anger, fear, sadness), expressions and experience the world in a less negative way. With this insight, you can consciously reflect upon the functional ways you deal with negative emotions. Discuss and acknowledge this as a strength you possess with your coach, considering how you may serve others with it.

Medium Scoring Range

If you scored between 23 and 37, this indicates that you scored on the medium range for negative affectivity. This suggests that you may have an average propensity to experience negative emotions (e.g. anger, fear, sadness), expressions and experience the world in a slightly negative way. With this insight, you can reflect on what may induce negativity in your life and hold you back from scoring on the lowest range of negative affectivity. Work towards tackling these with a coach, which may include challenging thought or behaviour patterns.

High Scoring Range

If you scored between 38 and 50, this indicates that you scored in the higher range for negative affectivity. This suggests that you may have high propensity to experience negative emotions (e.g. anger, fear, sadness), expressions and experience the world in a negative way. With this insight, reflect on what induces negativity in your life, consciously reflecting upon how you react. A coach can effectively guide you through gaining awareness of limiting patterns of behaviours and emotions, and generate action steps for breaking out of them, ultimately improving your quality of life.

Reference: Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: the PANAS scales. Journal of personality and social psychology, 54(6), 1063.

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YOUR POSITIVE & NEGATIVE

EMOTIONALITY PROFILE
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($597 Total Value)

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