

3. I get into moods where I feel very speeded up or irritable.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

4. There have been times when I have felt both high (elated) and low (depressed) at the same time.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

5. At times I have been much more interested in sex than usual.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. My self-confidence ranges from great self-doubt to equally great overconfidence.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

7. There have been GREAT variations in the quantity or quality of my work.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much