

TEPS

DIRECTIONS: Please read each statement carefully and decide how true that statement is for you in general. Please respond to *all items*. In the rare case where you have *never* had the experience described, think about the most similar experience you've had and make your response. Do *not* leave any blank. Choose only *one* response to each statement. Don't worry about being consistent in your responses. Choose from the following 6 response options and **CIRCLE** your response to the right of the item.

1	2	3	4	5	6
very false for me	moderately false for me	slightly false for me	slightly true for me	moderately true for me	very true for me

- | | |
|--|---|
| <p>1. When I hear about a new movie starring my favorite actor, I can't wait to see it. 1 2 3 4 5 6</p> <p>2. I enjoy taking a deep breath of fresh air when I walk outside. 1 2 3 4 5 6</p> <p>3. The smell of freshly cut grass is enjoyable to me. 1 2 3 4 5 6</p> <p>4. I look forward to a lot of things in my life. 1 2 3 4 5 6</p> <p>5. I love it when people play with my hair. 1 2 3 4 5 6</p> <p>6. Looking forward to a pleasurable experience is in itself pleasurable. 1 2 3 4 5 6</p> <p>7. A hot cup of coffee or tea on a cold morning is very satisfying to me. 1 2 3 4 5 6</p> <p>8. When I think of something tasty, like a chocolate chip cookie, I have to have one. 1 2 3 4 5 6</p> <p>9. I appreciate the beauty of a fresh snowfall. 1 2 3 4 5 6</p> | <p>10. I get so excited the night before a major holiday I can hardly sleep. 1 2 3 4 5 6</p> <p>11. When I'm on my way to an amusement park, I can hardly wait to ride the roller coasters. 1 2 3 4 5 6</p> <p>12. I really enjoy the feeling of a good yawn. 1 2 3 4 5 6</p> <p>13. I don't look forward to things like eating out at restaurants. 1 2 3 4 5 6</p> <p>14. I love the sound of rain on the windows when I'm lying in my warm bed. 1 2 3 4 5 6</p> <p>15. When I think about eating my favorite food, I can almost taste how good it is . 1 2 3 4 5 6</p> <p>16. When ordering something off the menu, I imagine how good it will taste. 1 2 3 4 5 6</p> <p>17. The sound of crackling wood in the fireplace is very relaxing. 1 2 3 4 5 6</p> <p>18. When something exciting is coming up in my life, I really look forward to it. 1 2 3 4 5 6</p> |
|--|---|

TEPS – ITEM KEY FOR ANTICIPATORY & CONSUMMATORY SCALES

TEPS

DIRECTIONS: Please read each statement carefully and decide how true that statement is for you in general. Please respond to *all items*. In the rare case where you have *never* had the experience described, think about the most similar experience you've had and make your response. Do *not* leave any blank. Choose only *one* response to each statement. Don't worry about being consistent in your responses. Choose from the following 6 response options and **CIRCLE** your response to the right of the item.

	1		2		3		4		5		6
	very false for me		moderately false for me		slightly false for me		slightly true for me		moderately true for me		very true for me
1. When I hear about a new movie starring my favorite actor, I can't wait to see it. (<i>Anticipatory</i>)	1	2	3	4	5	6					
2. I enjoy taking a deep breath of fresh air when I walk outside. (<i>Consummatory</i>)	1	2	3	4	5	6					
3. The smell of freshly cut grass is enjoyable to me. (<i>Consummatory</i>)	1	2	3	4	5	6					
4. I look forward to a lot of things in my life. (<i>Anticipatory</i>)	1	2	3	4	5	6					
5. I love it when people play with my hair. (<i>Consummatory</i>)	1	2	3	4	5	6					
6. Looking forward to a pleasurable experience is in itself pleasurable. (<i>Anticipatory</i>)	1	2	3	4	5	6					
7. A hot cup of coffee or tea on a cold morning is very satisfying to me. (<i>Consummatory</i>)	1	2	3	4	5	6					
8. When I think of something tasty, like a chocolate chip cookie, I have to have one. (<i>Anticipatory</i>)	1	2	3	4	5	6					
9. I appreciate the beauty of a fresh snowfall. (<i>Consummatory</i>)	1	2	3	4	5	6					
10. I get so excited the night before a major holiday I can hardly sleep. (<i>Anticipatory</i>)	1	2	3	4	5	6					
11. When I'm on my way to an amusement park, I can hardly wait to ride the roller coasters. (<i>Anticipatory</i>)	1	2	3	4	5	6					
12. I really enjoy the feeling of a good yawn. (<i>Consummatory</i>)	1	2	3	4	5	6					
13. I don't look forward to things like eating out at restaurants. (<i>Anticipatory</i> – REVERSE CODED)	1	2	3	4	5	6					
14. I love the sound of rain on the windows when I'm lying in my warm bed. (<i>Consummatory</i>)	1	2	3	4	5	6					
15. When I think about eating my favorite food, I can almost taste how good it is. (<i>Anticipatory</i>)	1	2	3	4	5	6					
16. When ordering something off the menu, I imagine how good it will taste. (<i>Anticipatory</i>)	1	2	3	4	5	6					
17. The sound of crackling wood in the fireplace is very relaxing. (<i>Consummatory</i>)	1	2	3	4	5	6					
18. When something exciting is coming up in my life, I really look forward to it. (<i>Anticipatory</i>)	1	2	3	4	5	6					