

TEPS STATE

DIRECTIONS: Please read each statement carefully and decide how true that statement has been for you in past week. 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

In the past week...

1. if I were to hear about a new movie coming out starring my favorite actor, I would get very excited to see it. 1 2 3 4 5 6
2. I have enjoyed experiences like taking deep breaths of fresh air when I walk outside. 1 2 3 4 5 6
3. the smell of freshly cut grass (or the outdoors) has been enjoyable to me. 1 2 3 4 5 6
4. I have been looking forward to a lot of things. 1 2 3 4 5 6
5. I have enjoyed the touch of others. 1 2 3 4 5 6
6. I have noticed that looking forward to a pleasurable experience is in itself pleasurable. 1 2 3 4 5 6
7. I have found a hot cup of coffee or tea very satisfying. 1 2 3 4 5 6
8. I have noticed that when I think of something tasty, like a chocolate chip cookie, I have to have one. 1 2 3 4 5 6
9. I have appreciated the beauty of the outdoors. 1 2 3 4 5 6

In the past week...

10. I've noticed that I get so excited before important days or events that I can hardly sleep. 1 2 3 4 5 6
11. when I'm about to do something fun, I can hardly wait. 1 2 3 4 5 6
12. I've noticed that I really enjoy the feeling of a good yawn. 1 2 3 4 5 6
13. I've noticed that I don't look forward to things like eating out at restaurants. 1 2 3 4 5 6
14. I've noticed that I love the sound of rain on the windows (or other outdoor sounds) when I'm lying in my warm bed. 1 2 3 4 5 6
15. when I think about eating my favorite food, I can almost taste how good it is. 1 2 3 4 5 6
16. when I'm ordering something off the menu, I imagine how good it will taste. 1 2 3 4 5 6
17. I've noticed that things like the sound of crackling wood in the fireplace can be very relaxing. 1 2 3 4 5 6
18. when something exciting is coming up in my life, I really look forward to it. 1 2 3 4 5 6

TEPS STATE– ITEM KEY FOR ANTICIPATORY & CONSUMMATORY SCALES

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In the past week...

1. if I were to hear about a new movie coming out starring my favorite actor, I would get very excited to see it. (Anticipatory) 1 2 3 4 5 6

2. I have enjoyed experiences like taking deep breaths of fresh air when I walk outside. (Consummatory) 1 2 3 4 5 6

3. the smell of freshly cut grass (or the outdoors) has been enjoyable to me. (Consummatory) 1 2 3 4 5 6

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13. I've noticed that I don't look forward to things like eating out at restaurants. (Anticipatory – REVERSE CODED) 1 2 3 4 5 6

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