

YOUR POSITIVE & NEGATIVE **EMOTIONALITY** **PROFILE**

**KERRY GREZL COACHING**

***“***

***Accept and Appreciate Yourself,***

JUST AS YOU ARE.

Kerry G.

# **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, as 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 affect 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.

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# **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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