

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. | 1 | 2 | 3 | 4 | 5 | 6 | 10. I get so excited the night before a major holiday I can hardly sleep. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I enjoy taking a deep breath of fresh air when I walk outside. | 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. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. The smell of freshly cut grass is enjoyable to me. | 1 | 2 | 3 | 4 | 5 | 6 | 12. I really enjoy the feeling of a good yawn. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I look forward to a lot of things in my life. | 1 | 2 | 3 | 4 | 5 | 6 | 13. I don't look forward to things like eating out at restaurants. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. I love it when people play with my hair. | 1 | 2 | 3 | 4 | 5 | 6 | 14. I love the sound of rain on the windows when I'm lying in my warm bed. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. Looking forward to a pleasurable experience is in itself pleasurable. | 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 |
| 7. A hot cup of coffee or tea on a cold morning is very satisfying to me. | 1 | 2 | 3 | 4 | 5 | 6 | 16. When ordering something off the menu, I imagine how good it will taste. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. When I think of something tasty, like a chocolate chip cookie, I have to have one. | 1 | 2 | 3 | 4 | 5 | 6 | 17. The sound of crackling wood in the fireplace is very relaxing. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I appreciate the beauty of a fresh snowfall. | 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 ITEM KEY FOR ANTICIPATORY & CONSUMMATORY SCALES

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| 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. (<i>Anticipatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>2. I enjoy taking a deep breath of fresh air when I walk outside. (<i>Consummatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>3. The smell of freshly cut grass is enjoyable to me. (<i>Consummatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>4. I look forward to a lot of things in my life. (<i>Anticipatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>5. I love it when people play with my hair. (<i>Consummatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>6. Looking forward to a pleasurable experience is in itself pleasurable. (<i>Anticipatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
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| <p>9. I appreciate the beauty of a fresh snowfall. (<i>Consummatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>10. I get so excited the night before a major holiday I can hardly sleep. (<i>Anticipatory</i>)</p> <p style="text-align: right;">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. (<i>Anticipatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>12. I really enjoy the feeling of a good yawn. (<i>Consummatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>13. I don't look forward to things like eating out at restaurants. (<i>Anticipatory REVERSE CODED</i>)</p> <p style="text-align: right;">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. (<i>Consummatory</i>)</p> <p style="text-align: right;">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. (<i>Anticipatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>16. When ordering something off the menu, I imagine how good it will taste. (<i>Anticipatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>17. The sound of crackling wood in the fireplace is very relaxing. (<i>Consummatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |
| <p>18. When something exciting is coming up in my life, I really look forward to it. (<i>Anticipatory</i>)</p> <p style="text-align: right;">1 2 3 4 5 6</p> | | | | | | |