



SURNAME and NAME : _____

Age : _____ years Fem. Male. Group/class : _____

EMOTIONS FELT DURING THE TEST:

Circle the number that best corresponds to the intensity felt Not at All A lot

LA Wrath: "I felt anger during the test".					
JOY: "During the test, I felt happy".	1	2	3	4	5
PRIDE: "I was proud of myself during the test".	1	2	3	4	5
ENTHUSIASM: "I wanted to do the exercises and I was very happy with them.	1	2	3	4	5
SHAME: "Sometimes I felt ashamed during the test.	1	2	3	4	5
CONCERN: "During the test, I was worried"	1	2	3	4	5

DIAGNOFORM QUESTIONNAIRE:

Completely disagree Completely agree

1. I enjoyed doing these exercises because I wanted to show myself that I was capable of doing them.	1	2	3	4	5
2. At the end of this test, I felt generally satisfied with my physical qualities	1	2	3	4	5
3. While I was doing the tests, I thought about what I could do to perform well.	1	2	3	4	5
4. When I encountered difficulties (physical: shortness of breath, errors, pain...) I tended to get discouraged.	1	2	3	4	5
5. During the tests, I repeatedly wanted to be better than my friends.	1	2	3	4	5
6. During the tests; I was alert to my physical sensations	1	2	3	4	5
7. Even when it was difficult I didn't give up anything	1	2	3	4	5
8. I'm quite proud of what I just did.	1	2	3	4	5
9. While I was doing the tests, I was distracted elsewhere	1	2	3	4	5
10. I gave up, and I quit because it was hard	1	2	3	4	5
11. Above all, I tried to obtain the best result: it was a personal challenge	1	2	3	4	5
12. I feel good in my body	1	2	3	4	5
13. While I was doing the tests, I was all into them.	1	2	3	4	5
14. I often wanted to beat others	1	2	3	4	5
15. Even when it was hard, I continued my efforts	1	2	3	4	5
16. I like myself physically	1	2	3	4	5

**When I have to do something difficult,
what is the word, image or feeling that
helps me most to succeed?**

SHAME: "I was ashamed of something".	1	2	3	4	5
ANNOYED: "I felt annoyed"	1	2	3	4	5
HAPPY: "I felt happy".	1	2	3	4	5
PRIDE: "I was proud of myself".	1	2	3	4	5
FURIOUS: " I was sometimes furious "	1	2	3	4	5
CONCERN: "I was concerned"	1	2	3	4	5
ENTHUSIASM: "I wanted to do things and I was very happy with them.	1	2	3	4	5
GUILTY: "I felt guilty about something"	1	2	3	4	5
SAD: "I felt sad"	1	2	3	4	5
CONCERNED: "I haven't stopped thinking about something that disturbs me"	1	2	3	4	5
ENERGETIC: "I was full of energy"	1	2	3	4	5
HAPPY: "I felt happy"	1	2	3	4	5

EMOTIONS OF THE PAST FEW DAYS:
In the last 3 or 4 days, what emotions have I
felt most often?