

	SECTION 1.				SECTION 2.							SECTION 3.						
	Not at all	Some-what	Moderately so	Very much so	Very negative		Unimportant			Very positive		Never					All of the time	
I am concerned about this competition	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I feel nervous	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I feel at ease	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I have self doubts	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I feel jittery	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I feel comfortable	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I am concerned that I may not do as well in this competition as I could	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
My body feels tense	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I feel self-confident	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I am concerned about losing	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I feel tense in my stomach	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I feel secure	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I am concerned about choking under pressure	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
My body feels relaxed	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I am confident I can meet the challenge	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I am concerned about performing poorly	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
My heart is racing	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I'm confident about performing well	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I'm worried about reaching my goal	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I feel my stomach sinking	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I feel mentally relaxed	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I'm concerned that others will be disappointed with my performance	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
My hands are clammy	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I'm confident because I mentally picture myself reaching my goal	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I'm concerned I won't be able to concentrate	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
My body feels tight	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7
I'm confident at coming through under pressure	1	2	3	4	-3	-2	-1	0	+1	+2	+3	1	2	3	4	5	6	7

