Quick Update (Please tell us more in your own words at the end of page 2 below!)

How many people live in your household most of the time (including yourself)? _____

Who are they in relation to you? (e.g., partner, child, parent, housemate)

Is this time of your life ☐ first-rate, ☐ good, ☐ fair, ☐ not so good?

How would you rate your general state of health?

☐ Poor ☐ Below average ☐ Average ☐ Above average ☐ Excellent

How would you rate your energy level? (low) 1 2 3 4 5 (high)

Are you presently ☐ single ☐ widowed ☐ in a stable couple relationship ☐ married?

If you are married or in a couple relationship:

How satisfied are you in it? (very dissatisfied) 1 2 3 4 5 (very satisfied)

Do you have any grandchildren? ☐ yes ☐ no If yes, how many grandchildren do you have? _____

Please list the age and gender of each grandchild: _____

_____

At present, do you work for pay (check one): ☐ full-time ☐ part-time ☐ very little or not at all

If you are not working now, in what year did you last work for pay? _____

On a scale from 1 to 5, how well does each statement describe you?

very uncharacteristic 1 2 3 4 5 *very characteristic*

_____ In most ways my life is close to my ideal.

_____ I used to set goals for myself, but that now seems like a waste of time.

_____ I am quite good at managing the responsibilities of my daily life.

_____ I am not interested in activities that will expand my horizons.

_____ My overall financial situation is secure.

_____ So far I have gotten the important things I want in life.

_____ I enjoy making plans for the future and working to make them a reality.

_____ The demands of everyday life often get me down.

_____ For me, life has been a continuous process of learning, changing, and growth.

_____ In general, I feel a high amount of stress about my personal finances.

Feelings About Spending Money

Some people generally spend their money on a lot of material goods and products (e.g., jewelry, clothing). They go about enjoying their life by buying physical objects that they can keep in their possession. To what extent does this characterization describe you?

Not at all 1 2 3 4 5 6 7 A great deal

Some people generally spend their money on a lot of different life experiences (e.g., eating out, going to a concert, traveling, etc). They go about enjoying their life by taking part in daily activities they personally encounter and live through. To what extent does this characterization describe you?

Not at all 1 2 3 4 5 6 7 A great deal

For the remaining questions, always use the following 7-point scale.

strongly disagree			*neutral*			*strongly agree*
1	2	3	4	5	6	7

Social Contacts:

_____ If I wanted to have lunch with someone, there are plenty of people I could ask.

_____ I feel that there is no one I can share my most private worries and fears with.

_____ If I were sick, I could easily find someone to help me out.

Emotions:

There's a lot of interest in how people deal with emotions as they get older. The next questions ask about how you experience and express your emotions. Use the 7-point scale above.

_____ Whenever I feel positive emotions, people can easily see exactly what I am feeling.

_____ I experience my emotions very strongly.

_____ No matter how nervous or upset I am, I tend to keep a calm exterior.

_____ When I'm happy, my feelings show.

_____ My body reacts very strongly to emotional situations.

_____ Whenever I feel negative emotions, people can easily see exactly what I am feeling.

Next, we would like to ask you how you control (that is, regulate and manage) your emotions. Although some questions may seem similar, some ask about positive emotions and others about negative emotions. Again, use the 7-point scale at the top of the page.

_____ I'm careful to seek out people or situations that make me have *positive* feelings.

_____ When I am feeling *positive* emotions, I am careful not to express them.

_____ When negative emotions come up, I allow myself to feel them and then I let them go.

_____ I control my emotions by *not expressing them*.

_____ When I want to feel more *positive* emotion, I *change the way I'm thinking* about the situation.

_____ I'm careful to avoid people or situations that make me have *negative* feelings.

_____ When I am feeling *negative* emotions, I make sure not to express them.

_____ I control my emotions by *changing the particular situation* I happen to be in.

_____ I understand I am going to have certain emotions at certain times and that is just fine.

_____ When I want to feel less *negative* emotion, I *change the way I'm thinking* about the situation.

OVERVIEW OF LIFE EVENTS SINCE 2007

What were the major events in your life since 2007? What has happened to you or your loved ones that you feel we should know? *Try to include information about births and deaths; changes to relationships and/or family; work, retirement, and finances; health (of self and loved ones); travel and moves; interests, activities, and achievements. Please feel free to continue on the back of this page!*