CHRONOLOGY CHART: OVERVIEW OF LIFE EVENTS SINCE 2007

Please use the chart below to tell us about your major life events since 2007. Please try to remember all the important events. In the left-hand column, there are six kinds of events plus an "other" category. It is not necessary to fill in information for each type of event for every year, but instead use the types of events and the dates listed across the top to help you remember all your important life events and about when they took place. When you are done writing down events, go over each year and rate (a) *how stressful that year was overall*, (b) *how happy you felt that year*, and (c) *how satisfied you felt with your life that year*. Use a scale from 1 (not at all) to 5 (extremely).

Events	2007	2008	2009	2010	2011
Births & Deaths **Relationships & Family** **Work, Retirement, & Finances** **Health (Self and Loved Ones)** **Travel & Moves** **Interests, Activities, & Achievements** **Other**					
(a) Overall, how stressful was this year? (1-5)					
(b) How happy were you this year? (1-5)					
(c) How satisfied with life were you this year? (1-5)					

Quick Update

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? _____

How satisfied are you or were you with your current or most recent work?

(not at all) 1 2 3 4 5 (very much)

In thinking about your retirement status, do any of the following categories apply to you?

Retired ☐ no ☐ yes (in what year? _____)

Partially-retired ☐ no ☐ yes (in what year? _____)

Not retired ☐ no ☐ yes (in what year are you planning to retire? _____)

The concept of retirement does not apply to me. ☐ no ☐ yes

If yes, why? ☐ I never worked much.

☐ I continue to work, whether for pay or not.

☐ Other: _____

Is there anything else that has happened to you or your loved ones since 2007 that you feel we should know?

_____

_____

_____

_____

Attitudes and Values: Please use the following rating scale to indicate how well each statement describes you.

very uncharacteristic 1 2 3 4 5 very characteristic

_____ In general, I feel in charge of the situation in which I live.

_____ Some people wander aimlessly through life, but I am not one of them.

_____ If I could live my life over, I would change almost nothing.

_____ I don't pay much attention to the material objects other people own.

_____ My future is filled with possibilities.

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

_____ I think it is important to have new experiences that challenge how you think about yourself and the world.

_____ The demands of everyday life often get me down.

_____ I live life one day at a time and don't really think about the future.

_____ I have high self-esteem.

_____ Many opportunities await me in the future.

_____ I am confident that I could find the money to pay for a financial emergency that costs about $1000.

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

_____ The conditions of my life are excellent.

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

_____ I sometimes feel as if I've done all there is to do in life.

_____ I gave up trying to make big improvements or changes in my life a long time ago.

_____ I am satisfied with my life.

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

_____ I have the sense that time is running out.

_____ I do not fit very well with the people and community around me.

_____ I often have the experience of wanting to go out to eat or to a movie but not going because I can't afford to.

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

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

_____ There is still plenty of time left in my life to make new plans.

_____ I am good at juggling my time so that I can fit everything in that needs to get done.

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

_____ I am very aware of the limitations in my future.

_____ I have the sense that I have developed a lot as a person over time.

_____ My overall financial situation is secure.

_____ I am an active person in carrying out the plans I set for myself.

_____ I generally do a good job of taking care of my personal finances and affairs.

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

_____ As I get older, I begin to experience that time is limited.

_____ I admire people who own expensive homes, cars, and clothes.

_____ There is truth to the saying that you can't teach an old dog new tricks.

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

Please use the following scale to rate how much you agree with each of the statements below.

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

Social Contacts:

_____ When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

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

_____ There is someone in my life (friend, sibling, partner) that I can confide in.

_____ I don't often get invited to do things with others.

_____ If I need a ride somewhere, there is someone I can call who would come and take me.

_____ 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.

_____ If a personal crisis arose, it would be difficult to find someone who could give me advice about how to handle it.

_____ I have at least one person in my life with whom I can share all of my feelings and thoughts.

Emotions:

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

_____ I sometimes cry during sad movies.

_____ People often do not know what I am feeling.

_____ I laugh out loud when someone tells me a joke that I think is funny.

_____ It is difficult for me to hide my fear.

_____ When I'm happy, my feelings show.

_____ My body reacts very strongly to emotional situations.

_____ I've learned it is better to suppress my anger than to show it.

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

_____ I am an emotionally expressive person.

_____ I have strong emotions.

_____ I am sometimes unable to hide my feelings, even though I would like to.

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

_____ There have been times when I have not been able to stop crying even though I tried to stop.

_____ I experience my emotions very strongly.

_____ What I'm feeling is written all over my face.

In this section, we would like to ask you some more questions about your emotional life, in particular, how you control (that is, regulate and manage) your emotions. Although some of the following questions may seem similar to one another, they differ in important ways. Please use the following scale:

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

_____ When I want to feel more *positive* emotion (such as joy or amusement), I *change what I'm thinking about*.

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

_____ I keep my emotions to myself.

_____ When I want to feel less *negative* emotion (such as sadness or anger), I *change what I'm thinking about*.

_____ When I choose friends or activities, I don't think much about how they will make me feel.

_____ 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 do not manage my emotions by seeking out situations and people that I expect will make me feel good.

_____ When I'm faced with a stressful situation, I make myself *think about it* in a way that helps me stay calm.

_____ I pretty much accept my emotions as they are.

_____ I control my emotions by carefully *choosing the situations* I get myself into.

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

_____ I manage my emotions by allowing myself to feel and then release them.

_____ I do not manage my emotions by avoiding situations and people that I expect will make me feel bad.

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

_____ Accepting my emotions has not come easily to me.

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

_____ I do not regulate my emotions by hiding what I'm feeling inside.

_____ I control my emotions by *changing the way I think* about the situation I'm in.

_____ I accept my feelings as a natural response to the particular circumstances I am in.

_____ How a situation will make me feel is of little concern to me.

_____ 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.

_____ I control my emotions by avoiding situations and activities that I expect will put me in a bad mood.

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

_____ I have a hard time letting my negative emotions go.

_____ I control my emotions by approaching situations and activities that I expect will put me in a good mood.

_____ When I am feeling positive emotions (such as joy or pride), I do not try to suppress them.

_____ Even in emotional situations, I do not regulate my emotions by changing what the situation means to me.

_____ I regulate my emotions by avoiding spending time with people that I think will probably make me feel bad.

_____ I accept that I am going to have negative emotions sometimes.

_____ I do not regulate my emotions by thinking differently about whatever is making me emotional.

_____ I regulate my emotions by choosing to spend time with people that I think will probably make me feel good.