

Card 23

7.5a How often do you cry?

1= presence of quality for columns 33-65
blank= the quality is not present

9=missing value

<u>column</u>	<u>Variable</u>	<u>Content of Variable</u>
33	XXXX CRY1	4-6x a month
34	CRY2	often, frequently
35	CRY3	depends on the situation
36	CRY4	sometimes, occasionally
37	CRY5	rarely, seldom, not often
38	CRY6	too often
39	CRY7	1x a month
40	CRY8	yes (no other specificity)
41	CRY9	more than 6x a month
42	CRY10	2x a year
43	CRY11	2-3x a month
44	CRY12	6years
45	CRY13	doesn't cry

7.5b/ Under what circumstances or where do you cry?

46	CRY14	home
47	CRY15	with friends, family, intimate other
48	CRY16	at movies
49	CRY17	funerals, death
50	CRY18	school
51	CRY19	counseling setting
52	CRY20	work
53	CRY21	everywhere, anywhere
54	CRY22	reading sad books

Card 23 7.5b Cont.

55	CRY23	alone
56	CRY24	at something beautiful, joyful-heroism, nature, weddings people overcoming obstacles
57	CRY25	illness of another
58	CRY26	empathetically for another
59	CRY27	about a relationship
60	CRY28	tragedy
61	CRY29	when depressed, discouraged ,or lonely
62	CRY30	when emotionally touched (a general statement with no specific
63	CRY31	marriage , weddings
64	CRY 3 32	frustrated
65	CRY33	when I feel a need to.

Card 24

columns 1-8 identification numbers

Country 24 City 24 Person 24 Ordinal 24

8.28 How do you feel after you have yawned? 1= quality present; 0=quality not present; if all columns blank 9-22 the missing values

<u>Column</u>	<u>Variable</u>	<u>Variable content</u>
9	YAWN1	like sneezing
10	YAWN2	not much, okay, <u>neutral</u> , never thought about it
11	YAWN3	relaxed, a release for tension
12	YAWN4	good, plea leasant, relieved, great
13	YAWN5	sleepy, tired
14	yawn6	annoyed or upset
15	YAWN7	depends on situation
16	YAWN8	like trying to get something fresh in but can't
17	YAWN9	bored
18	YAWN10	impatient
19	YAWN11	more awake, invigorated
20	YAWN12	leads to sleeping
21	YAWN13	embarressment, guilt
22	YAWN14	time to rest, signal

8.28 - yawning

- ① like sneezing
- ② Nothing special - never thought about it
- ③ ok nat. (natural?)
- ✓ ④ not much
- ⑤ Relaxed
- ⑥ Blank
- ⑦ Relaxed
- ✓ ⑧ good
- ✓ ⑨ sleepy
- ✓ ⑩ relaxed
- ✓ ⑪ Indifferent unless I'm driving then annoyed if it continues
- ✓ ⑫ relaxed
- ✓ ⑬ pleasant
- ✓ ⑭ ok
- ✓ ⑮ more relaxed
- ✓ ⑯ relaxed
- ✓ ⑰ It's a good feeling if I've let myself go, and that depends on who else is there. If a client who's feeling low, I squelch the yawn.
- ✓ ⑱ relaxed
- ⑲ no different
- 20 Like I'm trying to get something fresh in but can't

8.28 yawning

- ✓ 22 Relaxed, Content, bored or it's an act (whenever a predator passes)
- ✓ 23 tired, bored impatient - there are a lot of variables to where/when yawn
- ✓ 24 Usually hide myself because I feel it's more a response of depression and not any genuine fatigue. And there is no real need to be depressed
- 25 Blank
- 26 Relaxed
- 27 blank
- 28 tired
- 29 never thought about it
- 30 relaxed
- 31
- 34 Tired
- 35 relieved, more awake
- 36 sleepy, ears plugged, eyes water, head nods - leads to another yawn + sleep or head drop.

- 8.28 yawning
- 37 relaxed
- ✓ 38 Okay, probably relieved, sometimes embarrassed.
- 40 no problem
- ✓ 43 Embarrassed as ~~if~~ others may feel I am bored.
- ✓ 44 tired worn out
- 45 more relaxed
- 46 blank
- 47 tired sleepy. it's a signal to rest, work self into warm comfortable relaxation
- ✓ 48 generally comfortable
- ✓ 49 Relaxed
- ✓ 50 relaxed and ok
- ✓ 51 no problem
- ✓ 52 never even considered, tired I guess
- ✓ 53 good
- ✓ 54 relaxed sleepy
- ✓ 55 tired, yawn is reminder that I didn't get enough sleep
- ✓ 56 tired
- 57 ?
- ✓ 58 relaxed, calm
- ✓ 59 relaxed
- ✓ 60 relaxed + invigorated
- ✓ 61 more relaxed
- ✓ 62 wonder if Jim sleepy or bored
- 63 relaxed a little more

yawning

- 64 great
- 65 usually more relaxed
- 66 Relaxed
- 67 I feel fine, yawning provides a release of tension and increased oxygen
- 68 relieved & relaxed
- 69 Relaxed and stretched
- 70 weary
- 71 guilty or more relaxed.
- 72 I never thought about it

Card 24

8.29 How do you feel after you have sneezed?

<u>Column</u>	<u>Variable</u>	<u>Variable content</u>
23	SNZ1	relaxed
24	SNZ2	okay, not much, <u>neutral</u> , no particular reaction
25	SNZ3	concerns about having a cold, needing a kleenix, etc
26	SNZ4	good, better, great, relieved, I love it
27	SNZ5	upset, annoyed, irritated
28	SNZ6	dizzy, fuzzy headed, congested
29	SNZ7	cleared up
30	SNZ8	like sneezing again
31	SNZ9	apologetic, embarrassed, foolish
32	SNZ10	cold
33	SNZ11	allert tingling
34	SNZ12	sleepy
35	SNZ13	tight, tense
36	SNZ14	cathartic
37	SNZ15	drained, tired
38	SNZ16	giggling
39	SNZ17	curious as to why sneezed

8.29 sneezing

relaxed

I wonder if I'm catching a cold.
ok not. (natural?)

not much

Relaxed

Blank

Relaxed

Very good

accelerated (??)

somewhat upset

good cleared

dizzy

somewhat annoyed

ok

better

Like sneezing again

wherever whatever would make me sneeze
is unpleasant

apologetic

no different

Relaxed, relaxed

- 829 sneezing
- 22 I love it.
- 23 refreshed or cold
- 24 No particular reaction
- 26 Relaxed
- 27 Blank
- 28 alert
- 29 ~~relaxed~~ relieved
- 30 relaxed
- 31
- 34 Great - usually a freshness occurs
- 35 physically released
- 36 Great! I can breathe & fill up my lungs, usually good experience.

8.29

Sneezing

37 good

38 ok

40 no problem

43 Embarrassed at lack of control

44 Sleepy

45 blank

46 relieved of irritation

47 irritated, I lose control of bladder (physical problem)

48 okay, relieved unless in presence of others

49 Tingling

50 tight then relaxed and sometimes anticipating the next one

51 Like I need a kleenex

52 sometimes frustrated if I think cold coming on.

53 good

54 cathartic, blown it all away

55 dizzy, fuzzy-headed (allergic)

56 drained, embarrassed if w/ many people.

57 terrific

58 relieved, refreshed

59 where did that come from? (attitude)

60 like giggling, or when down, mad

61 relieved from the urge - natural process

62 mildly upset if no kleenex - otherwise little concern

63 tense at first

great

Sneezing

8.79

65 Snooty - this is a ~~stupid~~ question as is,

66 Relief (I have a lot of allergies)

67 Fine, it feels like a good release

68 relieved + relaxed.

69 Tired from the effort

70 foolish

71 Relieved

72 I never thought about it