Background to the Data in the Appendix

See the Materials section on page 464 of the following article for a description of how the situation descriptions in the Appendix were obtained.

The descriptions constitute a balanced representation of a large variety of everyday settings and include 10 replications of 8 basic categories of situation-activity combinations. The short-hand notations +P and -P for pleasure and displeasure, +A and -A for arousal and nonarousal, and +D and -D for dominance and submissiveness, respectively, can be used to describe the 8 basic situation-activity categories, as follows: +P+A+D, +P+A-D, +P-A+D, +P-A-D, -P+A+D, -P+A-D, -P-A+D, and -P-A-D. In other words, the 8 categories consisted of all possible combinations of pleasant versus unpleasant, arousing versus unarousing, and inducing dominance versus inducing submissiveness.

Contents of the Appendix

Important: In the Appendix, the first number following each situation description (e.g., 111 for Situation 43 on page 470) consists of three digits each of which is either 1 or zero. The first digit corresponds to +P (represented by 1) versus -P (represented by 0); the second digit (1 versus 0) corresponds to +A versus -A, and the third digit (1 versus 0) corresponds to +D versus -D. So, 111 following Situation 43 means that the situation was pleasant, arousing, and induced dominance (or +P+A+D). Thus, 011 for situation 13 on page 471 means the situation was unpleasant, arousing, and induced dominance. Also, 000 for situation 38 on the same page means the situation was unpleasant, unarousing, and induced submissiveness.

The second, third, and fourth numbers following each situation description represent averaged standardized values of Pleasure-Displeasure, Arousal-Nonarousal, and Dominance-Submissiveness scores for participants who reported their emotional reactions to that situation.

The situations in the Appendix can be useful to investigators who desire to assess reactions to a general, yet balanced, set of everyday settings. Because two of the original descriptions used by Mehrabian (1995) were eliminated, the Appendix includes 78 distinct situation-activity descriptions. Set 10 includes 2 repeated situations, one each from set 1 and from set 3.

The 8 situation-activity descriptions within each of the 10 sets are listed in the same systematic order in the Appendix as follows: +P+A+D, +P+A-D, +P-A+D, +P-A-D, -P+A+D, -P+A-D, -P-A+D, and -P-A-D.
Emotional Correlates of Preferences for Situation–Activity Combinations in Everyday Life

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ABSTRACT. Emotional correlates of preferences for everyday situation–activity combinations were explored using the PAD (Pleasure–Arousal–Dominance) Emotion Model. Preferences were assessed using a comprehensive sample of emotionally balanced situations, given in its entirety in the Appendix, because of its potential utility to investigators. Results for all situations and also for only the subgroup of pleasant situations showed that pleasure and dominance were positive correlates of preference. Specifically, for pleasant situations, preferences did not differ for exciting versus relaxing situations; also, exciting and relaxing situations were preferred more than amazing or protecting ones. Results for only the subgroup of unpleasant situations showed negative arousal/preference and positive dominance/preference relations. Specifically, situations that elicited disdain were preferred to those that produced anger and those that elicited boredom; boring and anger-eliciting settings were preferred to those that engendered distress.

THE PRESENT STUDY was designed to investigate emotional correlates of preferences for everyday situations. The PAD (Pleasure–Arousal–Dominance) Emotion Model (e.g., Mehrabian, 1995) was used to (a) select a comprehensive and balanced set of everyday situation–activity combinations and (b) obtain a general assessment of relations between emotional responses to situations and preferences for the situations.

Three basic dimensions of the PAD Emotion Model are pleasure–displeasure (i.e., positive versus negative affective states), arousal–nonarousal (i.e., a combination of physical activity and mental alertness), and dominance–submissiveness (i.e., feeling in control versus feeling controlled). Together, these three dimensions have been shown to provide a general and highly differentiated as-
essment of emotional states (e.g., Mehrabian, 1995). The following groupings illustrate major categories of emotional states within the PAD Model: excited, elated (pleasure, high arousal, dominance); amazed, respectful (pleasure, high arousal, submissiveness); comfortable, secure (pleasure, low arousal, dominance); protected, sleepy (pleasure, low arousal, submissiveness); angry, nasty (displeasure, high arousal, dominance); upset, in pain (displeasure, high arousal, submissiveness); indifferent, uncaring (displeasure, low arousal, dominance); lonely, despairing (displeasure, low arousal, submissiveness).

More generally, any emotional state can be described precisely in terms of its standardized scores on the PAD scales; furthermore, a situation or activity can be described in terms of the consensus of (i.e., averaged) pleasure, arousal, and dominance reactions of a representative sample of individuals to the situation or activity. Thus, the PAD Emotion Model provides a general framework for describing emotions as well as stimuli, situations, or activities.

Findings bearing on preferences for, or satisfaction with, various everyday settings or activities can be examined within the PAD Emotion Model. Studies have shown consistently that situations and/or activities that are conducive to dominance tend to be more satisfying. Adelmann (1993) found that do-it-yourself and volunteer activities contributed to enhanced well-being among older women. Do-it-yourself implies freedom from constraints imposed by others; volunteer implies greater freedom of choice as distinct, for instance, from joblike activities. Thus, Adelmann's findings indicate that dominance (control) is a positive correlate of satisfaction.

In a different context involving parental satisfaction with children's day-care providers, Britner and Phillips (1995) found a positive relation between parental satisfaction and level of parent–provider agreement about type of care (inferred here to imply parental control or dominance). Also, in a study of satisfaction with work settings, Knoop (1995) found a positive relation between participative decision making (i.e., greater control and dominance) and job satisfaction among school administrators.

Cohen-Mansfield (1990) explored the satisfaction that elderly adults gained from food, employment, leisure, and social activities. Reported levels of control (i.e., dominance) and reinforcement (i.e., pleasure) were found to be positive correlates of satisfaction. The contribution of pleasure to satisfaction was also evident in a study of close relationships by Fletcher and Fitness (1990). They found a positive association between satisfaction with relationship quality and positive social cognitions (pleasure in the relationship) and a negative relation between depression and positive emotions (pleasure).

Studies have also yielded data bearing on the relation between arousal and satisfaction. Adelmann (1994) found that engaging in multiple roles was associated with greater life satisfaction among adults aged 60 years and older. This result can be interpreted using the information rate/arousal hypothesis. According to that hypothesis and its supporting evidence, arousal is a positive correlate of
the information rate (i.e., complexity, variability, unpredictability) of stimuli or situations (Mehrabian & Russell, 1974). More roles in everyday life are likely to be associated with more variability in the situations, persons, and/or activities (i.e., higher information rate and, therefore, more arousal) encountered daily. Thus, Adelmann’s (1994) finding implies a positive relation between arousal from everyday activities and life satisfaction.

Findings by Twemlow, Bradshaw, Coyne, and Lerma (1995), however, suggested a contrary relation between arousal and satisfaction. They studied patient satisfaction with medical care and found that more needy patients (inferred here to be indicative of higher arousal and lower dominance) were less satisfied. Furthermore, there was greater satisfaction with physicians who addressed the patients by their first names (inferred here to imply greater friendliness, that is, pleasure in the physician–patient relationship). Thus, in that context, satisfaction with medical care was a positive correlate of pleasure and dominance and a negative correlate of arousal.

In a study that dealt more generally with PAD correlates of satisfaction in the work environment and, separately, of satisfaction in the family and marital environment, Mehrabian’s (1997) review and findings showed that worker satisfaction was a positive correlate of pleasure, dominance, and arousal levels at work, with the latter emotional correlates listed in descending relation strengths. In addition, satisfaction with the family and marital environment was a positive correlate of pleasure and arousal levels of spouses in their marriages, with the latter emotional correlates listed in descending relation strengths.

Overall, then, with the exception of one finding in the study by Twemlow, Bradshaw, Coyne, and Lerma (1995), findings have implied positive relations between the PAD dimensions and satisfaction. Thus, we hypothesized that preferences for situations and/or activities are positive correlates of levels of pleasure, arousal, and dominance elicited by the situations or activities.

The study that we designed to test the proposed hypotheses included independent variables that were averaged emotional reactions to each of a large sample of situation–activity descriptions. Specifically, the latter consisted of averaged pleasure, arousal, and dominance z scores for each description (as reported in the Appendix); the scores were based on data from five previous studies (three reported by Mehrabian, 1995, and two unpublished). The dependent variable was a single preference score, obtained by having each participant in the present study rank in order, from most to least preferred, a balanced set of eight situation–activity descriptions.

Method

Participants

The 200 participants (126 men, 74 women) were University of California undergraduates and friends, acquaintances, and relatives of the laboratory assis-
tants. They were recruited by laboratory assistants and volunteered to participate in the study.

**Materials**

A systematically selected sample of 80 situation–activity descriptions had been developed using the PAD Emotion Model and associated scales (Mehrabian, 1995). The descriptions constituted a balanced representation of a large variety of everyday settings and included 10 replications of eight basic categories of situation–activity combinations. The short-hand notations +P and –P for pleasure and displeasure, +A and –A for arousal and nonarousal, and +D and –D for dominance and submissiveness, respectively, can be used to describe the eight basic situation–activity categories, as follows: +P +A +D, +P +A –D, +P –A +D, +P –A –D, –P +A +D, –P +A –D, –P –A +D, and –P –A –D. In other words, the eight categories consisted of all possible combinations of pleasant versus unpleasant, arousing versus unarousing, and inducing dominance versus inducing submissiveness.

Averaged pleasure, arousal, and dominance responses to each of the 80 situation–activity descriptions were available from three studies reported by Mehrabian (1995) and from two additional unpublished studies. Data from the latter unpublished studies were used to update and reclassify Mehrabian’s (1995) situation–activity combinations. The entire set of resulting, newly classified, situation–activity descriptions is given in the Appendix because it can be useful to investigators who want to assess reactions to a general, yet balanced, set of everyday settings. Because two of the original descriptions used by Mehrabian (1995) were eliminated, the Appendix includes 78 distinct situation–activity descriptions. Set 10 includes 2 repeated situations, one each from Set 1 and Set 3.

Although the 8 situation–activity descriptions within each of the 10 sets are listed in the same systematic order in the Appendix, the order of situation–activity descriptions in each of the 10 sets was randomized when it was presented to participants. Furthermore, the 10 sets were used with equal frequency across the 200 participants.

**Procedure**

Participants were recruited and tested individually by laboratory assistants. Each participant was given a single set of 8 situation–activity descriptions and was asked to rank them in order in terms of preference. Participants selected the situation–activity they preferred the most and assigned it a score of +4, the one they preferred second most (+3) and, so forth, on to the one they preferred the least (–4). Thus, each of the 8 descriptions was assigned one of the following scores: +4, +3, +2, +1, –1, –2, –3, –4. Participants required 10 to 20 min to complete the task, and informal observations showed that they were readily en-
gроссed in the task and enjoyed the challenge of rank ordering the situation–activity descriptions.

Results and Discussion

Because each of 200 participants ranked 8 different descriptions, 1,600 sets of observations (i.e., averaged P, A, and D scores for a situation–activity and a corresponding preference score) were available for data analyses. Data analyses were conducted in three stages. Regression analysis was used to assess main effects. Next, averaged pleasure, arousal, and dominance scores were dichotomized, and an analysis of variance (ANOVA) was used to assess effects of interactions among the three emotion dimensions on preference scores. However, because dichotomizing the continuous pleasure, arousal, and dominance scores resulted in a loss of information, the ANOVA results were used only to tentatively identify significance of interactions. Complementary correlational analyses, described below, were used to obtain more sensitive assessments of the simple effects in the interactions.

Emotional content of the stimulus sample. Pleasure, arousal, and dominance z scores corresponding to all 80 situation–activity combinations in the Appendix were intercorrelated. The pleasure/arousal, $r(78) = -.07, p > .05$, pleasure/dominance, $r(78) = .05, p > .05$, and arousal/dominance, $r(78) = .02, p > .05$, correlations failed to achieve significance and were near zero in magnitude. Thus, the everyday situations sampled had indeed elicited nearly independent degrees of pleasure–displeasure, arousal–nonarousal, and dominance–submissiveness from respondents.

Main effects. A multiple regression analysis was done with averaged pleasure (P), arousal (A), and dominance (D) scores for each situation (see Appendix) as the independent variables, and situation preference scores as the dependent variable. The resulting regression equation, written for standardized variables and significant .01-level effects, is given in Equation 1:

$$\text{Preference} = .76P - .08A + .08D$$ (1)

The multiple-correlation coefficient for Equation 1 was .78, showing that 61% of the variance in preferences for situations was explained in terms of emotional reactions to situations. Understandably, pleasure–displeasure (P) was by far the strongest correlate of preference. The two additional terms in Equation 1 showed that, in general, there was more preference for less arousing and more dominance-inducing situation–activity combinations. Stated otherwise, situation–activity combinations that involved lower information rate (i.e., less complexity, less variability, greater predictability) and greater dominance (i.e., control) were preferred more. Thus, findings in Equation 1 differed in one important respect from hy-
pothesized relations in showing that, when confronted with a variety of everyday situation–activity combinations, the participants showed a significantly greater preference for relaxation and comfort (+P –A +D) than for excitement and triumph (+P +A +D). Additional interpretation of these somewhat counterintuitive findings was held in abeyance pending examination of interaction effects.

**Interaction effects.** An ANOVA was used to assess effects of interactions among pleasure, arousal, and dominance on preference scores. Averaged pleasure, arousal, and dominance scores assigned to each situation–activity description were dichotomized using the respective mean values for each of the three emotion dimensions. This yielded a 2 (pleasure) × 2 (arousal) × 2 (dominance) factorial design with 1,600 replications (200 participants × 8 different descriptions rated by each participant) and with preference scores as the dependent measure. The ANOVA showed a significant effect for Pleasure × Arousal, $F(1, 1592) = 47.9, p < .01$.

Correlational analysis was used to obtain a sensitive assessment of the Pleasure × Arousal interaction. First, the correlation of arousal with preference was computed for all pleasant situations (i.e., situations with averaged pleasure z scores exceeding zero). Next, the same correlation was computed for all unpleasant situations (i.e., situations with averaged pleasure z scores less than zero). For pleasant situations, the obtained arousal/preference correlation was near zero in value, $r(821) = .01, p > .01$. For unpleasant situations, the arousal/preference correlation was significant, $r(775) = -.26, p < .01$.

Similar analysis of the simple effects of pleasure for each level of arousal showed no significant difference in the simple effects of pleasure on preference. The pleasure/preference correlation, $r(817) = .77, p < .01$, for highly arousing situations (i.e., situations with averaged arousal z scores exceeding zero) equaled the pleasure/preference correlation, $r(779) = .77, p < .01$, for unarousing situations (i.e., situations with averaged arousal z scores less than zero).

In sum, the pleasure/preference relation, identified in Equation 1, did not differ for arousing versus unarousing situations. Also, there was no significant, indeed a near zero, arousal/preference relation in pleasant situations and a significant and negative arousal/preference relation in unpleasant situations. Thus, the negative arousal/preference relation in Equation 1 was attributable solely to its significance in unpleasant situations.

**Regression analyses for each level of pleasure.** Insofar as pleasure–displeasure accounted for the lion’s share of variability in preference scores and because of differences in arousal/preference relations in pleasant versus unpleasant situations, two additional regression analyses were done to yield more differentiated assessments of emotion/preference relations for pleasant, as distinct from unpleasant, settings. The first regression included data from pleasant situations only (i.e., those with averaged pleasure z scores exceeding zero). The second regres-
sion included data from unpleasant situations only. Equations 2 and 3, written for standardized variables and significant .01-level effects, summarize the results.

\[
\text{Preference (pleasant situations)} = .40P + .11D \\
\text{Preference (unpleasant situations)} = -.28A + .20D
\]

The multiple correlation coefficients for Equations 2 and 3 were .39 and .33, respectively. Because each of Equations 2 and 3 dealt with only one half the range of variability in pleasure–displeasure scores, effects of pleasure–displeasure were understandably smaller in those equations than in Equation 1. The pleasure effect, reduced in strength for pleasant situations (Equation 2), failed to even achieve significance for unpleasant situations (Equation 3).

Thus, for pleasant situations, variations in situational pleasantness, ranging from average to extremely pleasant, were positive correlates of preference. In addition, in line with the dominance result in Equation 1, situationally induced dominance was also a positive correlate of preference. In comparison, for unpleasant situations, variations in situational pleasantness–unpleasantness, ranging from average to extremely unpleasant, yielded no significant relation with preference, whereas the influences of situationally induced dominance and arousal levels were significant. In short, in unpleasant situations, finer gradations of situational unpleasantness were less important factors than situationally induced arousal and dominance levels in determining preferences for the situations.

Differences in findings for pleasant and unpleasant situations, obtained here, were consistent with results bearing on aesthetic judgments. Biaggio and Supplee (1983) found that judged interestingness (i.e., preference) of paintings was a positive correlate of hedonic value (i.e., pleasantness); in contrast, judged ugliness (i.e., low preference) was a positive correlate of arousal. That is, lack of preference for unpleasant stimuli was accentuated by more arousing stimuli, whereas preference for pleasant stimuli was not affected by arousal levels.

Additional consideration of simple effects. Pleasure correlates of preference, though important, were not overly edifying. In comparison, arousal and dominance correlates of preference, given in Equations 2 and 3, were informative about contributions of subtle nuances of feelings to situational preferences. To provide a foundation for additional discussion of these nuances, we re-examined the arousal and dominance effects in Equations 2 and 3. The dominance effect in Equation 2 required no additional analysis. However, insofar as dominance as well as arousal effects were operative in Equation 3, simple effects of arousal were assessed for each level of dominance, and simple effects of dominance were assessed for each level of arousal.

In situations that engendered feelings of displeasure and dominance, the arousal/preference correlation was significant, \(r(357) = -.17, p < .01\). The corresponding correlation was also significant, \(r(416) = -.36, p < .01\), in situations that engendered feelings of displeasure and submissiveness. In situations that induced
feelings of displeasure and high arousal, the dominance/preference correlation was significant, $r(417) = .28, p < .01$. The corresponding correlation was also significant, $r(356) = .16, p < .01$, in situations that induced feelings of displeasure and low arousal. In short, simple effects of arousal were significant for both high- and low-dominance conditions; also, simple effects of dominance were significant for both high- and low-arousal conditions.

**Summary of preferences for each of eight basic categories of situations.** The use of all possible combinations of two levels each of pleasure, arousal, and dominance (+P and −P for pleasure and displeasure, +A and −A for high and low arousal, and +D and −D for dominance and submissiveness) yields eight major types of emotional states and corresponding situations. The preceding findings showed that situations that elicited +P +A +D (exuberant—e.g., excited, admired, bold) and +P −A +D (relaxed—e.g., comfortable, secure, satisfied) feelings were tied as the most preferred. Second ranked were situations that elicited +P +A −D (dependent—e.g., grateful, impressed, loved) or +P −A −D (docile—e.g., protected, humble, consoled) feelings. Unpleasant situations were similarly ordered as follows: Those that elicited −P −A +D (disdainful—e.g., indifferent, unconcerned, uncaring) feelings were preferred more than those eliciting −P −A −D (bored—e.g., lonely, sad, despairing) feelings; the latter were preferred more than those eliciting −P +A +D (hostile—e.g., angry, nasty, defiant) feelings; and situations eliciting −P +A −D (anxious—e.g., distressed, insecure, upset) feelings were preferred the very least.

**General Discussion and Conclusions**

We designed the present study to assess general relations between emotional reactions to situations, on the one hand, and preferences for the situations, on the other. The PAD Emotion Model (e.g., Mehrabian, 1995) provided a rationale for precalibrating and selecting a diverse set of situation descriptions to ensure equal representation of various types of settings encountered in everyday life. Findings indicate that, in general, pleasure—displeasure and dominance—submissiveness are positive correlates of preference; that is, pleasant situation—activity combinations are preferred over unpleasant ones, and situations that engender feelings of dominance (i.e., control) are preferred over those in which participants feel submissive.

**Pleasant situations.** A Pleasure × Arousal interaction showed a near zero correlation between arousal and preference in pleasant situations. Thus, there was no significant difference in preferences for situations that engendered feelings of excitement, might, or boldness (+P +A +D) versus situations that induced feelings of comfort, relaxation, satisfaction, and security (+P −A +D). The high information rates (and associated high arousal levels) that are ubiquitous in modern
urban work and social life help explain this finding. Sustained high arousal levels induce fatigue and, thereby, temporarily enhance the greater attractiveness of less arousing stimulation. Thus, the relative desirability of excitement over relaxation is diminished and, on balance, exciting and relaxing situations are preferred equally.

In short, situations that induced feelings of high pleasure and high dominance (+P +D) were the most preferred. In particular, among pleasant situations, +P +D (i.e., exciting [+P +A +D] and relaxing [+P −A +D]) situations were preferred more than +P −D (i.e., amazing and fascinating [+P +A −D] and protecting and tranquilizing [+P −A −D]) situations.

The preceding analysis can be used to explain individual differences in preferences for excitement versus relaxation by noting the habitual tempo, complexity, and variability (i.e., information rate) of a person’s everyday work and family life. Those who typically are subjected to continued and high levels of information rate (e.g., workers performing stressful jobs, persons who have a myriad of financial or social responsibilities) are expected to show a greater preference for relaxation (+P −A +D), whereas those whose everyday activities tend to be routine, predictable, and simple (e.g., retirees, workers performing simple and routine jobs, those typically confined at home as caregivers) are expected to show a greater preference for excitement (+P +A +D).

Unpleasant situations. The Pleasure × Arousal interaction showed a significant negative arousal/preference relation in unpleasant situations. Furthermore, significant negative arousal/preference correlations for both levels of dominance showed that situations engendering feelings of disdain, indifference, and lack of care (−P −A +D) were preferred more than those that elicited anger, defiance, insolence, and hostility (−P +A +D). Also, situations that elicited boredom, despair, sadness, and fatigue (−P −A −D) were preferred more than those that generated pain, bewilderment, insecurity, or distress (−P +A −D).

Those two comparisons, and additional comparisons that follow, help explain and predict an individual’s attraction to various social and physical settings and activities. The first comparison regarding preference of disdain over anger is illustrated by a dominant person, in a conflict-ridden relationship, who tends to gravitate to his or her private workspace at home while avoiding the more arousing shared living spaces. The second comparison regarding preference of boredom over distress is exemplified by someone who watches monotonous soap operas on television to escape worries and anxieties.

In unpleasant situations, significant positive dominance/preference correlations for both levels of arousal showed that situations engendering disdain (−P −A +D) were preferred to those inducing boredom (−P −A −D), and situations that were conducive to anger (−P +A +D) were preferred to those causing pain and distress (−P +A −D). An example of the former comparison is a lonely and bored individual convincing himself or herself that there are not many others
worthy of his or her fellowship. The frustration (−P +A −D)–aggression (−P +A +D) hypothesis illustrates the second comparison with, however, the following added refinement: The frustrated individual is more likely to gravitate to aggression if he or she can alter the setting so as to increase his or her dominance. Thus, targets of aggression are more likely to be subordinates than superiors, children rather than adult peers, adults with submissive temperaments rather than those with dominant temperaments, and objects or tasks controlled by the self rather than by others (e.g., kicking the fender of one’s own automobile, doing a clerical assignment carelessly when carelessness is unlikely to be discovered easily).

Overall, the PAD Emotion Model provides a general, yet precise and differentiated, overview for the analysis of situations, preferences, and behavioral inclinations. Additional illustrations of applications of the PAD Model are provided by Mehrabian (1995, 1997).

REFERENCES


APPENDIX

Set One

43. You are seated at a very desirable table near a window in an expensive restaurant. You reflect on the fact that only important clients get seated in such ideal spots.
111 0.53 0.26 1.05
27. You open the door to your home and a large number of unexpected friends and relatives yell out, "Surprise!"
110 1.06 1.34 -1.27

76. You are bicycling down a seaside road. The sun is warm on your back and you have the road to yourself.
101 1.12 -0.55 0.67

55. You are comfortable in bed and are watching your favorite television show.
100 0.68 -1.01 -0.29

13. You are in the middle of a heated argument with your spouse. Your spouse steps outside for a minute to do something and you lock all the doors.
011 -1.22 0.87 1.28

82. You have been working for the same company for the last 26 years. At age 55, you will become eligible for substantial retirement benefits from the company. You now are 53 years old and yesterday were given notice that the company is downsizing and you are one of many employees who must be laid off within the next month.
010 -1.70 1.32 -1.18

58. You are doing some light reading when the phone rings. It is someone trying to sell you magazine subscriptions. You tell them you are not interested.
001 -1.07 -0.34 1.11

38. You have a regular monthly commute by car between two cities that are 400 miles apart. You are now making one of those trips alone. You've been driving for five hours, it is late at night, and you are very tired. You cannot find anything interesting on the radio and still have three more hours of driving left.
000 -0.99 -1.12 -0.58

* Set Two

20. You are alone at your house. You are listening to a new and exciting record album you have purchased. The tempo is very lively.
111 1.01 0.93 0.84

14. You are a guest at a celebrity dinner. You almost feel as though you have crashed the party, because many of the people in attendance are well-known figures.
110 0.37 0.80 -0.87

18. You and your friend have been skiing all day. The two of you are now settled before a cozy fire in your friend's cabin. Outside, snow drifts gently to the ground.
101 0.91 -0.82 0.17

51. It is early evening. You are listening to some quiet music while your spouse massages your shoulders.
100 1.28 -1.05 -1.18

47. You and a friend are working on a project together. You are in charge of the project. You must inform your friend that his work is unsatisfactory.
011 -0.72 0.32 1.13

11. You had your annual physical two days ago. Your physician has called you to say that he needs to see you at his office first thing tomorrow morning.
010 -0.58 0.93 -1.51
66. Your neighbor is having a loud party which is keeping you and your family awake. You have asked them to be quieter and it seems to have worked.
001 -0.32 -0.04 0.85

85. You are attending a dinner at the home of some casual acquaintances. Even though you didn’t want to go because you dreaded yet another of their boring and uninspired dinner parties, you couldn’t really refuse. You’ve been there for two hours, barely tasted the unappetizing meal, and are listening to the host go on and on in his nasal and monotonous voice.
000 -1.40 -1.13 -0.70

*Set Three*

80. Tomorrow you will leave on a cruise. You have saved for it for two years. You are all packed and ready to go.
111 1.24 0.99 0.91

17. You are water-skiing on a quiet lake. This is something you have always wanted to learn. It is your first time, so falling is still a strong possibility.
110 0.88 1.24 -0.13

67. You have just finished a vigorous workout in your large pool. You are now resting on a cushion and enjoying the sun shining down on you.
101 1.12 -1.44 0.93

45. You have just finished eating a pleasant meal. You are relaxing over coffee.
100 0.70 -1.39 -0.14

30. You have taken the day off from work to wait for a repairman. He was scheduled to be at your home three hours ago and still has not shown up.
011 -1.51 0.94 0.08

62. It is late at night. You have driven to the market for a much-needed item. Accidentally, you have locked your keys in your car.
010 -1.13 0.99 -0.75

26. Someone from a market research firm has called you and is asking that you participate in a survey. The survey sounds pointless to you and you tell them you don’t have the time for it.
001 -1.03 -0.23 0.72

87. Your cousins have just come back from a vacation in Ohio. They are eager to show you their vacation slides. Since you didn’t want to hurt their feelings, you agreed to watch the slides and now, after two hours of repetitious and uninteresting scenes, you regret that you accepted the invitation.
000 -1.12 -0.69 -1.01

*Set Four*

68. Today, you were promoted at work. You are about to tell your spouse that now, finally, you can purchase the kind of home you both have always wanted.
111 1.34 1.29 1.48

53. You are out on a date with an extremely attractive person. You are doing your best to make it a successful evening.
110 1.14 1.19 -0.88
19. You are in a cabin with snow falling outside. A fire crackles in the fireplace. You are reading a thrilling novel by one of your favorite authors.
101 1.17 −0.41 0.58

44. You are getting a back-rub with warm lotion. Your muscles are starting to feel loose and you are having trouble keeping your eyes open.
100 0.90 −1.82 −1.25

73. Another shopper has just cut in front of you in the line where you have been standing for the last half hour. You are telling the shopper that he/she must go to the end of the line.
011 −0.92 0.84 0.78

12. You and your spouse have been reviewing your finances and checkbooks. You discover that you are overdrawn on both your checking accounts and may not be able to pay next month’s rent or mortgage.
010 −0.92 1.09 −0.72

28. Because of your high position where you work, every month, you have to fill out lengthy and tiresome evaluation forms on all the people working under you. Today, you need to fill out a fresh set of these forms.
001 −0.73 −0.62 0.39

59. You are attending a classical music concert that your spouse insisted you go to. The concert is almost over and all the selections so far have been uninteresting. You tried to go to sleep, but the noise has kept you awake.
000 −1.11 −1.07 −1.08

Set Five

31. A co-worker has asked you to fill out an evaluation for him. You are flattered that he chose you. So, you take time out from your busy schedule to do him the favor.
111 0.57 0.44 0.07

22. You are having dinner in a foreign country. An unfamiliar dish is placed before you. It smells good, but you have no idea what it is.
110 0.53 0.75 −0.92

84. You have been working at a routine and unpleasant job that you had been putting off for the last few months. It took you four hours, but now the job is done.
101 0.46 −0.23 0.87

36. You are lying in a hammock on a warm day. You sway slowly back and forth as you listen to a program of oldies-but-goodies.
100 0.92 −1.51 −0.03

57. You are the manager of a very nice apartment building. You have decided that you must raise rents for everyone in the building.
011 −0.74 0.37 0.94

16. Someone has been spraying graffiti on the exterior walls of your home. You have been trying very hard to catch them for the last two months, but have not succeeded.
010 −1.27 1.00 −0.34

72. You are one of the key guests at an uninspired and boring formal party.
001 −0.71 −1.07 0.06

42. You have had a long and exhausting day at work. You now must wait for about 30–40 minutes for your ride home.
000 −0.60 −0.63 −0.69
Set Six

21. You are a contestant in a game show. You have made it to the final round of the game. You now can choose $25,000 in prizes.
111 1.21 1.43 0.53

29. You are visiting the Grand Canyon for the very first time. You are standing somewhere near the canyon bottom and are looking up at the massive canyon towering above you.
110 1.06 0.94 −0.93

83. You are sitting on the edge of a dock on a warm day and your feet are dangling in the cool water. Your baited fishing line is out a ways in the water.
101 0.74 −1.28 0.16

88. Your friend holds a high position at a very nice company. You have gone to meet your friend for lunch. You are 15 minutes early, so you are sitting in the waiting room. The room is pleasantly furnished with comfortable chairs and lots of magazines.
100 0.65 −0.28 −0.25

52. Someone has been stealing your morning paper every day for the last month. You finally catch him red-handed.
011 −1.20 1.04 1.84

10. You have just discovered that your spouse has been seen having lunch with an attractive member of the opposite sex.
010 −0.80 0.79 −0.36

77. You've had a well-paid position as supervisor of 24 workers at your company for the past five years. The workers perform low-level routine tasks and, everyday, you keep watching the clock, waiting for quitting time.
001 −1.06 −1.05 0.17

40. You have driven your mate to an out-of-town dentist for a procedure that takes two hours to complete. The magazines in the waiting room don't interest you, the room has no windows, and its decor leaves much to be desired.
000 −0.87 −1.06 −0.85

Set Seven

78. You are working at a job you really like. Today, you are very busy and you hardly notice the time passing.
111 0.74 0.50 1.10

25. You have just moved into a new home. A neighbor has invited you to come over for a barbecue and to meet all your other neighbors.
110 1.18 1.00 −0.77

34. You are vacationing at a luxurious hotel in a tropical island. You have just finished lunch at the quiet outdoor restaurant of the hotel and are leaning back in your chair and enjoying a cool drink.
101 1.22 −1.34 0.27

24. You are in a forest at night. There is a campfire and you have a cup of your favorite hot beverage. The sky is so clear it looks like you could touch the stars.
100 1.15 −0.61 −0.28

35. Your teenage daughter has been behaving badly lately. After a heated confrontation, you decide to ground her.
011 −0.89 0.83 1.55
71. You have a very dear friend who you have known since your childhood days. You are going to visit your friend at the hospital where they discovered yesterday that he/she has a terminal illness.
010  -0.15  0.58  -1.44

60. You are a judge of a superior court. You are listening to an obviously guilty criminal who is lying and trying to make excuses about what happened. You’ve observed this kind of thing hundreds of times and can see right through it. You stop the proceedings and give the criminal a stiff sentence.
001  -0.89  0.17   2.28

61. A friend of yours is getting divorced. She has dropped in to visit you and is talking about exactly the same subjects you’ve heard her talk about dozens and dozens of times before. She has been talking incessantly for the last two hours and you wonder when she is going to leave.
000  -0.82  -0.61  -0.62

Set Eight

69. You are at a friend’s apartment and are playing cards with a group of your mutual old friends. You are all sharing stories about when you were younger.
111  1.05  0.55   0.01

23. You are in a hospital for a minor, routine procedure. An old friend comes to visit you during the evening and the two of you talk over old times that you enjoyed together.
110  1.12  0.61  -0.76

37. You have just completed several hours of gardening and are sitting under a tree, enjoying the shade. Your puppy-dog is lying peacefully at your side.
101  0.76  -1.88  0.43

75. You are taking a walk in an unfamiliar forest. The trees are large and beautiful and there is plenty of light. You find a clearing, lie down, and drift off to sleep.
100  0.89  -1.28  -0.56

15. You have been dating the same person for a year, but the other person is boring and your relationship has lost all its spark. You now have decided to break off the relationship.
011  -0.57  0.02   1.00

63. You have just received a notice in the mail indicating that your income tax statements for the previous three years will be audited.
010  -0.95  0.56  -1.21

32. The high-school class you have been teaching has been routine and uninspiring to you as a teacher.
001  -0.68  -0.86  -0.21

81. You have a very large lawn and cannot afford to have it cleared by a gardener. City codes require regular lawn maintenance, otherwise you are fined. You have been cutting the grass for the last three hours and have another two more hours to go.
000  -1.09  -0.33  -0.72

Set Nine

33. You have just won two million dollars in a lottery.
111  1.28  1.58  0.68
48. You have just received a note from someone who has said very nice things about you, but there is no signature on it.

110 0.94 1.14 -0.47

74. You have just completed a magnificent meal in the large dining room at your home. The maid is quietly clearing away the dishes while the chef you've had for the last five years is preparing your espresso.

101 0.44 -1.33 0.95

79. You are watching one of your favorite old movies at your best friend's house. Your friend makes lunch and brings it to where you are seated so you can watch the movie together.

100 1.06 -0.45 -0.32

54. You have just had an argument with a friend over the phone and you hung up on your friend.

011 -1.26 0.85 0.70

64. All your savings from the last 20 years are invested in the stock market. The market has been crashing for the last five days. Today, the market has dropped a whopping 8 percent!

010 -1.29 1.15 -1.60

39. You are working as a plainclothes security guard at a store in a nice neighborhood. There are very few people in the store today.

001 0.06 -1.07 0.54

86. You were walking with a friend and she asked if you could drop in briefly at a decorator shop. You accompanied her inside and she has spent the last hour talking to a salesperson. You are going out of your mind with boredom.

000 -1.31 -0.25 -0.85

Set Ten

65. You took out a large mortgage to purchase your home seven years ago. You were determined to pay off the mortgage as soon as possible. You mailed in the final payment about a year ago and now the house is all yours, free-and-clear.

111 1.09 0.20 1.23

41. Your plane is about to land and your vacation will begin. You are visiting a country you have never been to before.

110 1.18 0.95 -0.37

50. You have just finished a vigorous workout in your large pool. You are now resting on a cushion and enjoying the sun shining down on you.

101 1.12 -1.44 0.93

46. You are stretched out on an air mattress in your friend's pool. It is a very warm day.

100 0.74 -1.58 -0.18

56. As the manager of a small company, you have had numerous problems with two people who were not doing their fair share. Today, you are going to fire them both.

011 -0.64 0.15 1.66

49. Some distant relatives have come to stay with you. They have been all over your home for the last three weeks, cluttering it and messing things up. They don't seem to register any of your hints regarding your needs for privacy and peace.

010 -1.21 0.49 -0.64
89. You are doing some light reading when the phone rings. It is someone trying to sell you magazine subscriptions. You tell them you are not interested.
001 -1.07 -0.34 1.11

70. You are traveling by bus from Los Angeles to San Francisco. You are seated next to an elderly man who is nice, but who has been talking on endlessly for hours about his children and grandchildren. His nasal voice lacks any intonation.
000 -0.75 -1.08 -0.77

Note. A unique identification number precedes the description of each situation. The first 3-digit number following each description is an approximate situation description: the first digit represents pleasantness–unpleasantness (high = 1, low = 0), the second digit represents arousing–unarousing quality (high = 1, low = 0), and the third digit represents dominance–submissiveness–inducing quality (high = 1, low = 0). The three scores following the approximate situation description are averaged pleasantness, arousing quality, and dominance-inducing quality of the situation, respectively, and are based on data from five previous studies. Investigators who use the preceding situation–activity descriptions can use a computer code that obviates the necessity of manual entry of PAD z scores for each situation, because the code generates mean pleasure, arousal, and dominance z scores when the unique situation identification numbers are coded manually. The latter code is available from the first author upon request.

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