

THE ENVIRONMENTAL REWARD OBSERVATION SCALE (EROS)

With reference to the past several months, please rate each of the following items using the following scale and record your answer in the space to the left of the item:

Scale:

1 = STRONGLY DISAGREE

2 = DISAGREE

3 = AGREE

4 = STRONGLY AGREE

- _____ 1. A lot of activities in my life are pleasurable.
- _____ 2. I have found that many experiences make me unhappy.
- _____ 3. In general, I am very satisfied with the way I spend my time.
- _____ 4. It is easy for me to find enjoyment in my life.
- _____ 5. Other people seem to have more fulfilling lives.
- _____ 6. Activities that used to be pleasurable no longer are gratifying.
- _____ 7. I wish that I could find more hobbies that would bring me a sense of pleasure.
- _____ 8. I am satisfied with my accomplishments.
- _____ 9. My life is boring.
- _____ 10. The activities I engage in usually have positive consequences.