

## GEMIAC: Frequency Checklist

**Instructions:** In the table below, you will find 14 classes (or families) of feelings. Each class is described by two terms depicting similar feelings. Music often elicits several of these classes of feelings. Your task is to rate the frequency with which you experienced each of the classes of feelings (which can be the specific feelings depicted by one or both of the terms, or similar to these) while listening to a particular piece of music. Please indicate how the piece of music you just listened to made **you** feel (e.g., this music made me feel melancholic/sad). Do not describe the music itself (e.g., this music is melancholic/sad) or what the music may be expressive of (e.g., this music expresses melancholy/sadness). Keep in mind that a piece of music can be melancholic/sad or can sound melancholic/sad without making you feel the same way.

*Please rate the frequency with which you felt each of the following classes of feelings during the work of music on a scale ranging from 1 (never) to 5 (a lot):*

	<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Frequently</i>	<i>A lot</i>
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
filled with wonder, amazed	1	2	3	4	5
moved, touched	1	2	3	4	5
enchanted, in awe	1	2	3	4	5
inspired, enthusiastic	1	2	3	4	5
energetic, lively	1	2	3	4	5
joyful, wanting to dance	1	2	3	4	5
powerful, strong	1	2	3	4	5
full of tenderness, warmhearted	1	2	3	4	5
relaxed, peaceful	1	2	3	4	5
melancholic, sad	1	2	3	4	5
nostalgic, sentimental	1	2	3	4	5
indifferent, bored	1	2	3	4	5
tense, uneasy	1	2	3	4	5
agitated, aggressive	1	2	3	4	5