

RPAS

For each of the following items, select either True or False.

- 1) I have often found walks to be relaxing and enjoyable. True
 False

- 2) A brisk walk has sometimes made me feel good all over. True
 False

- 3) The sound of the rain falling on the roof has made me feel snug and secure. True
 False

- 4) After a busy day, a slow walk has often felt relaxing. True
 False

- 5) The beauty of sunsets is greatly overrated. True
 False

- 6) The sound of rustling leaves has never much pleased me. True
 False

- 7) It has often felt good to massage my muscles when they are tired or sore. True
 False

- 8) Flowers aren't as beautiful as many people claim. True
 False

- 9) I like playing with and petting soft little kittens or puppies. True
 False

- 10) I don't understand why people enjoy looking at the stars at night. True
 False

- 11) When I'm feeling a little sad, singing has often made me feel happier. True
 False

- 12) Beautiful scenery has been a great delight to me. True
 False

- 13) The first winter snowfall has often looked pretty to me. True
 False

- 14) A good soap lather when I'm bathing has sometimes soothed and refreshed me. True
 False

- 15) Standing on a high place and looking out over the view is very exciting. True
 False

- 16) If you wish to explain any of your answers to the above questions, please use the comment box below.