

FTB (*Free Time Boredom Scale*)

Rate the following items from 1 to 5 according to the extent to which you agree. A rating of "1" indicates that you strongly disagree and a rating of "5" indicates that you strongly agree. *** Each item begins with the statement... "During my free time."

1 = STRONGLY DISAGREE
5 = STRONGLY AGREE

During my free time...

1. _____ I feel that my surroundings are dull and "blah".
2. _____ It seems like I am wasting my time.
3. _____ I tend to be busy with meaningless things.
4. _____ I feel empty.
5. _____ There is too much repetition.
6. _____ I am without focus.
7. _____ I feel bored to the point of "jumping out of my skin".
8. _____ There is too much uncomfortable fluctuation.
9. _____ The things I respond to are irritating.
10. _____ I feel as though I am dragging my feet.
11. _____ My personal input is neglected.
12. _____ I respond to situations that are unimportant to me.
13. _____ I feel excited.
14. _____ I have a variety of places to go.
15. _____ My knowledge about other things is expanded.
16. _____ I like the places I go to.
17. _____ I usually have something to do.
18. _____ I am provided with many experiences.
19. _____ I am satisfied with or interested in what I do.
20. _____ New ideas are stimulated.

21. _____ I am able to be creative.
22. _____ I want it to last longer.
23. _____ I wish I had more of it.
24. _____ I am pleased with its amount.
25. _____ The time flies.
26. _____ I feel that too much of it is on my hands.
27. _____ I feel comfortable with its speed.
28. _____ It feels that time stands still.
29. _____ My physical abilities are challenged.
30. _____ I enjoy getting my body toned up.
31. _____ I do not use a lot of my physical skills.
32. _____ I am physically energetic.
33. _____ I do things below my physical ability level.