

The Pleasure Sources Assessment (PSA)

What do we mean by "pleasure"? We ask you to consider all states that you find enjoyable. Note that it is about YOU, not about what is generally regarded as being pleasurable. So, if YOU like chocolate (for example), you should respond that this is pleasurable, whereas if YOU don't like chocolate, you should respond that this is not pleasurable. It is not necessary that you have experienced these things recently to rate them.

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Please enter a number between 1-7 for each item.

1. To what extent do you regard your job as a source of pleasure?
2. To what extent do you regard your relationship with family as a source of pleasure?
3. To what extent do you regard your relationship with friends as a source of pleasure?
4. To what extent do you regard your relationship with work colleagues as a source of pleasure?
5. To what extent do you regard socialising with strangers as a source of pleasure?
6. To what extent do you regard your pet/s as a source of pleasure?
7. To what extent do you regard spending time in nature as a source of pleasure?
8. To what extent do you regard sexual activity as a source of pleasure?
9. To what extent do you regard consuming food and/or drink as a source of pleasure?
10. To what extent do you regard cooking/preparing food as a source of pleasure?
11. To what extent do you regard humour as a source of pleasure?
12. To what extent do you regard physical exercise as a source of pleasure?
13. To what extent do you regard music (producing or listening) as a source of pleasure?
14. To what extent do you regard art (creating or viewing) as a source of pleasure?
15. To what extent do you regard theatre or other live performances as a source of pleasure?
16. To what extent do you regard reading as a source of pleasure?
17. To what extent do you regard dancing as a source of pleasure?
18. To what extent do you regard gardening or caring for plants as a source of pleasure?
19. To what extent do you regard viewing movies or TV as a source of pleasure?
20. To what extent do you regard using social media as a source of pleasure?
21. To what extent do you regard religion or spirituality as a source of pleasure?
22. To what extent do you regard spending quiet time alone as a source of pleasure?
23. To what extent do you regard being productive as a source of pleasure?
24. To what extent do you regard using alcohol or other drugs as a source of pleasure?
25. To what extent do you regard caring for others as a source of pleasure?
26. To what extent do you regard watching sports as a source of pleasure?

27. To what extent do you regard parties, festivals, or clubbing as a source of pleasure?
28. To what extent do you regard spending time with a child or children as a source of pleasure?
29. To what extent do you regard risk-taking as a source of pleasure?
30. To what extent do you regard shopping as a source of pleasure?
31. To what extent do you regard belonging to a group, club, or team as a source of pleasure?

Total Score: _____

Variety score: _____

Are there sources of pleasure we didn't mention that you'd like us to know about? If so, please let us know below.

Client name: _____

Date: _____