The following 8 statements are about how you feel at work. Please read each statement carefully and decide if you ever feel this way about your job. If you have never had this feeling, cross the “0” (zero) in the space before the statement. If you have had this feeling, indicate how often you feel it by crossing the number (from 0 to 6) that best describes how frequently you feel that way.

<table>
<thead>
<tr>
<th>Never</th>
<th>Almost never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

1. ________ At work, time goes by very slowly.
2. ________ I feel bored at my job.
3. ________ At work, I spend my time aimlessly.
4. ________ At my job, I feel restless.
5. ________ During work time I daydream.
6. ________ It seems as if my working day never ends.
7. ________ I tend to do other things during my work.
8. ________ At my work, there is not so much to do.

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