

The meaning of emotion words¹ (GRID questionnaire)

Around the world, people use words to describe their ongoing or past emotional experiences. By using a single emotion word, people can convey a lot of information. They can refer to their interpretation of the situation that caused the emotional experience, the bodily symptoms they felt, the way they expressed their emotional experience, the way they wanted to react to the situation, their actual feelings, or the way they tried to regulate their emotion.

In the present study, we would like to examine how languages differ with respect to the information that can be inferred when persons use emotion words to describe their emotional experience. In other words, we are interested in understanding the explicit and implicit meanings of emotion words across languages.

We would like to ask you to define the meaning of four different emotion words, as commonly used in your language, in terms of a set of emotion features. These features are grouped in the following categories:

1. **Evaluation** - features describing the person's evaluation or appraisal of the event, conscious or not.
2. **Bodily symptoms** - features describing the bodily symptoms that tend to occur during the emotional state.
3. **Expressions** - features describing facial and vocal expressions and gestures, that accompany the emotion
4. **Action tendencies** - features describing tendencies to behave in certain ways that accompany the emotion.
5. **Subjective feeling** - features describing the subjective experience that characterizes the emotion.
6. **Regulation** - features describing ways in which the emotion can be regulated.
7. **General** - some general features of the emotion experienced.

We would like you to focus as much as possible on the meaning of each of the four emotion words among speakers of your language.

Please rate the likelihood of each emotion feature occurring when a particular emotion word is used by speakers of your language to describe an emotional experience.

For each feature, you can use the following nine-point response scale to indicate the likelihood of the feature occurring when a speaker of your native language uses a particular emotion word to describe his/her emotional experience.

Extremely unlikely				Neither likely, nor unlikely				Extremely likely
1	2	3	4	5	6	7	8	9

Based on a pilot study, we expect you will need about an hour to complete the questionnaire. Thank you in advance for your time and cooperation.

¹ The most recently updated version of the GRID questionnaire is available at the GRID website:
<http://www.affective-sciences.org/GRID>

To be able to compare the results across cultures and languages, we need some background information. Thank you for answering the following questions.

Sex: male/ female

How old are you ?

Where did you spend most of your life (country)?

Where do you live now (country)?

Educational attainment

- Basic education
- Basic education + vocational training
- Secondary education
- University/College education

Are you a student currently enrolled at a university ? yes/ no

Did you, your parents or your grandparents, migrate to the country where you are residing now?

If yes, what was the country of origin?

Evaluation

This section lists features describing the evaluation or appraisal (conscious or not) of the situation that led to the emotion.

If a speaker of your native language as spoken in your country or region uses the following emotion words to describe an emotional experience, how likely is it that the person experienced an event

1. that occurred suddenly
2. that was familiar
3. that was essentially unpredictable
4. that confirmed the expectations of the person
5. that was inconsistent with the expectations of the person
6. that was in itself pleasant for the person (independently of its possible consequences)
7. that was in itself pleasant for somebody else (independently of its possible consequences)
8. that was in itself unpleasant for the person (independently of its possible consequences)
9. that was in itself unpleasant for somebody else (independently of its possible consequences)
10. that was important and relevant for the person's goals or needs
11. that was important and relevant for the goals or needs of somebody else
12. that was caused by chance
13. that was caused by the person's own behavior
14. that was caused by somebody else's behavior
15. that was caused by a supernatural power (e.g., God, ancestors, ghosts)
16. that was caused intentionally
17. of which the consequences were predictable

18. of which the consequences were likely to be positive, desirable for the person him/herself
19. of which the consequences were likely to be positive, desirable for somebody else
20. of which the consequences were likely to be negative, undesirable for the person him/herself
21. of which the consequences were likely to be negative, undesirable for somebody else
22. that required an immediate response
23. of which the consequences were in principle avoidable or modifiable
24. with consequences that the person would be able to avoid or change (i.e., through her or his own power, or helped by others)
25. with such consequences that the person would be able to live with them and adjust to them
26. that was inconsistent or incongruent with the person's own standards and ideals
27. that violated laws or socially accepted norms
28. where the person was at the center of attention
29. where the person was treated unjustly (and felt offended)
30. where the person was in danger (experienced a threat)
31. where the person experienced an irrevocable loss

Bodily symptoms

This section lists features describing the bodily symptoms that can occur during an emotional experience

If a speaker of your native language as spoken in your country or region uses the following emotion words to describe an emotional experience, how likely is it that the person

32. felt shivers (in the neck, or chest)
33. felt weak limbs
34. got pale
35. had the feeling of a lump in his/her throat
36. had stomach discomfort
37. felt his/her heartbeat slowing down
38. felt his/her heartbeat getting faster
39. felt his/her muscles relaxing (whole body)
40. felt his/her muscles tensing (whole body)
41. felt his/her breathing slowing down
42. felt his/her breathing getting faster
43. felt warm (whole body)
44. perspired, or had moist hands
45. sweated (whole body)
46. felt hot (puff of heat, cheeks or chest)
47. blushed
48. felt cold (whole body)
49. had no bodily symptoms at all

Expressions

This section lists features describing the facial and vocal expressions and gestures that occur during emotional experiences

If a speaker of your native language as spoken in your country or region uses the following emotion words to describe an emotional experience, how likely is it that the person

50. smiled
51. felt his/her jaw drop
52. pressed his/her lips together
53. felt his/her eyebrows go up
54. frowned
55. closed his/her eyes
56. opened his/her eyes widely
57. had tears in his/her eyes
58. did not show any changes in his/her face
59. made abrupt body movements
60. moved toward people or things
61. withdrew from people or things
62. moved against people or things
63. did not show any changes in gesture or movements
64. spoke louder
65. spoke softer
66. had a trembling voice
67. had an assertive voice
68. fell silent
69. produced a short utterance
70. produced a long utterance
71. changed the melody of his/her speech
72. had speech disturbances
73. spoke faster
74. spoke slower
75. did not show any changes in his/her vocal expression

Action Tendencies

This section lists features describing tendencies to behave in certain ways that may occur during an emotional experience

If a speaker of your native language as spoken in your country or region uses the following emotion words to describe an emotional experience, how likely is it that the person

76. wanted to go on with what he/she was doing
77. wanted the ongoing situation to last or be repeated
78. felt the urge to stop what he/she was doing
79. wanted to undo what was happening
80. felt inhibited or blocked
81. wanted to be in command of others

82. wanted to be in control of the situation
83. wanted to take initiative him/herself
84. wanted to comply to someone else's wishes
85. wanted to hand over the initiative to someone else
86. wanted to submit to the situation as it was
87. wanted someone to be there to provide help or support
88. felt an urge to be active, to do something - no matter what
89. wanted to move
90. felt an urge to be attentive to what is going on
91. lacked the motivation to do anything
92. wanted to do nothing
93. lacked the motivation to pay attention to what was going on
94. wanted to flee
95. wanted to keep or push things away
96. wanted to prevent or break off sensory contact (e.g., seeing, hearing, smelling, or touching)
97. wanted to disappear or hide from others
98. wanted to withdraw into him/herself
99. wanted to be hurt as little as possible
100. wanted to make up for what he/she had done
101. wanted to do damage, hit, or say something that hurts
102. wanted to break contact with others
103. wanted to oppose
104. wanted to show off
105. wanted to be seen, to be in the center of attention
106. wanted to tackle the situation
107. wanted to overcome an obstacle
108. wanted to take care of another person or cause
109. wanted to be near or close to people or things
110. wanted to be tender, sweet, and kind
111. wanted to run away in whatever direction
112. wanted to destroy whatever was close
113. wanted to act, whatever action it might be
114. wanted to sing and dance
115. wanted to get totally absorbed in the situation

Subjective feeling

This section lists features describing the subjective experience referred to by the emotion words

If a speaker of your native language as spoken in your country or region uses the following emotion words to describe an emotional experience, how likely is it that the person

116. was in an intense emotional state
117. experienced the emotional state for a long time
118. felt good
119. felt tired

- 120. felt submissive
- 121. felt at ease
- 122. felt powerless
- 123. felt negative
- 124. felt energetic
- 125. felt in control
- 126. felt restless
- 127. felt powerful
- 128. felt positive
- 129. felt exhausted
- 130. felt strong
- 131. felt calm
- 132. felt out of control
- 133. felt bad
- 134. felt alert
- 135. felt dominant
- 136. felt nervous
- 137. felt weak

Regulation

This section lists features describing the way in which people can regulate their emotions

If a speaker of your native language as spoken in your country or region uses the following emotion words to describe an emotional experience, how likely is it that the person

- 138. tried to control the intensity of the emotional feeling
- 139. showed a stronger degree of emotion than he/she actually felt
- 140. showed a weaker degree of emotion than he/she actually felt
- 141. hid the emotion from others by smiling

General

Just three more questions about the emotions referred to by the emotions words

- 142. If a speaker of your native language as spoken in your country or region uses the following emotion words to describe an emotional experience, how likely is it that he/she will be changed in a lasting way (due to the emotional experience)
- 143. How frequently is this state generally experienced in your society
- 144. To what extent is it socially accepted to experience this emotional state in your society

Personal information

To be able to compare the results across cultures and languages, we need some background information. Thank you for answering the following questions.

Next you will find the description of two different individuals. Which person do you think resembles you most? Please choose the profile that best characterizes you, even if one or two items do not apply.

- Person A: Likes languages a lot, reads a lot, expresses herself or himself clearly, likes games like cross-words, does not like numbers
- Person B: Is good at Maths, is at ease with abstract symbols, likes strategy games like chess, does not pay much attention to her or his writing style

What is your mother tongue (language you were raised in) ?

Which languages do you know (all languages of which you have at least a passive knowledge)?

During the last year, I spoke / read / wrote in this language

1. on a daily basis
2. at least once a week
3. at least once a month
4. several times a year
5. (almost) never

To be rated for all languages with at least a passive knowledge

Do you have any comments on the questions or their presentation? Please write them down here.

You are now done with the questionnaire.

We thank you for your participation in this study