

Read the following statements and circle the number that corresponds to how often they apply to you, using the following scale.

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Very Often

	1 = Never	2 = Rarely	3 = Sometimes	4 = Often	5 = Very Often
1. I attend music, dance, theatre, museums, and/or digital art activities.					
2. I see beauty when I look at or experience art.					
3. I am emotionally moved by music.					
4. I am impressed by symmetry in artistic works.					
5. I sculpt, paint, draw, craft, create films/video, or design.					
6. When I look at art, I feel positive energy or invigoration.					
7. I write poetry, lyrics, nonfiction, and/or fiction.					
8. When I view art, my heart beats faster, or I have other physical effects.					
9. I appreciate the visual design of buildings and interior spaces.					
10. I take (or have taken) classes in art, craft, creative writing, aesthetics, etc					

11. When making or beholding art, I experience a sense of connection and community.					
12. When experiencing the arts, I feel a oneness, unity, or connectedness with the universe/nature/existence/deity.					
13. I am deeply moved when I look at art.					
14. I experience joy, serenity, or other positive emotions when I am making or beholding art.					

How to Score Your Results

The scale is organized into three categories:

1. **Aesthetic Appreciation** is the degree to which a person is responsive to the aesthetics of experiences and their environment.
2. **Intense Aesthetic Experience** is the degree to which a person regularly responds to aesthetic experiences in a very intense way as opposed to more commonplace forms of appreciation.
3. **Creative Behavior** represents the degree to which a person engages in creative behaviors such as art-making.

Complete the following steps to determine your individual score for each of these areas as well as a cumulative score. Your cumulative score represents an overall snapshot of aesthetic responsiveness.

Individual Scale Scores:

Aesthetic Appreciation: Questions 1, 2, 3, 4, 6, 9, 14
 _____ Divided by 7 = _____

Intense Aesthetic Experience: Questions 8, 12, 13
 _____ Divided by 3 = _____

Creative Behavior: Questions 5, 7, 10, 11
 _____ Divided by 4 = _____

Cumulative Scale Score: add all fourteen of your individual scores together and divide by 14.

_____ Divided by 14 = _____

Scoring: To see where your aesthetic responsiveness is on the three individual scales and the cumulative scale, use this ranking to determine your aesthetic responsiveness:

1. Low
2. Below Average
3. Average
4. Above Average
5. High”