The Smith R-State Quick Check List (SRSQ)

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The SRSQ is a quick state test for measuring key R-states in settings where time is limited. Items were derived from factor analysis and clinical experience. The SRSQ is an experimental questionnaire. Basic psychometric research is currently underway. For are more detailed consideration, see the SRSI3, SRSI4, and RMM2 (www.lulu.com/stress)

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The following chart outlines the complete map of R-States considered in R-State theory. R-States included in the SRSQ are boldfaced and in italics.

Outline of Levels of Relaxation and R-States

Level 1: Withdrawal and Release

- ***R-State Sleepiness***
- ***R-State Physical Relaxation***
- ***R-State Disengagement (distant, far away, indifferent)***

Level 2: Basic Renewal

- ***R-State Mental Relaxation***
- R-State Rested / Refreshed

Level 3: Mindfulness and Positive Energy

Mindfulness

- ***R-State Quiet***
- ***R-State Acceptance***
- R-State Awareness
- R-State Living in Present

Positive Energy

- ***R- State Happy (General Energy)***
- R-State Energized (General Energy)
- R-State Joy (General Energy)
- R-State Loving (Other-Focused Energy)
- R-State Thankful (Other-Focused Energy)
- ***R-State Optimism (Other-Focused Energy)***

Level 4: Transcendence

- ***R-State Reverence***
- R-State Awe and Wonder
- R-State Deep Mystery
- R-State Timeless, Boundless, Infinite, At One.

Below the eight items of the SRSQ are linked to their respective R-State levels.

Withdrawal and Release

I feel DROWSY and SLEEPY (R-STATE SLEEPINESS)
My body is PHYSICALLY RELAXED. (R-STATE PHYSICAL RELAXATION)
I feel DISTANT and FAR AWAY from my cares and concerns. (DISENGAGEMENT)

Basic Renewal

I feel AT EASE, AT PEACE. (MENTAL RELAXATION)

Mindfulness

My mind is QUIET and STILL. (MINDFULNESS- QUIET)
I feel ACCEPTING (ACCEPTANCE)

Positive Energy

I feel HAPPY and OPTIMISTIC (HAPPY, OPTIMISTIC -- COMBINED)

Transcendence

I feel PRAYERFUL. (REVERENCE)

SRSQ

How do you feel right now, at the present moment? Please rate each of the following according to how well they fit how you feel. Use this scale

①	②	③	④
Doesn't fit at all	Fits slightly	Fits moderately well	Fits very well

① ② ③ ④ I feel DROWSY and SLEEPY
① ② ③ ④ My body is PHYSICALLY RELAXED.
① ② ③ ④ I feel DISTANT and FAR AWAY from my cares and concerns.
① ② ③ ④ I feel AT EASE, AT PEACE.
① ② ③ ④ My mind is QUIET and STILL.
① ② ③ ④ I feel ACCEPTING.
① ② ③ ④ I feel HAPPY and OPTIMISTIC
① ② ③ ④ I feel PRAYERFUL.
① ② ③ ④ Things seem AMAZING.