

## MODIFIED HCL-32 QUESTIONNAIRE

**Please try to remember a period when you were in a "high" state. How did you feel then? Please check these statements even if you do not feel that way currently. Please put a check mark by each that have applied in the past or now.**

Description	
1	I need less sleep
2	I feel more energetic and more active
3	I am more self-confident
4	I enjoy my work more
5	I am more sociable (make more phone calls, go out more)
6	I want to travel and/or do travel more
7	I tend to drive faster or take more risks when driving
8	I spend more money/too much money
9	I take more risks in my daily life (in my work and/or other activities)
10	I am physically more active (sport etc.)
11	I plan more activities or projects.
12	I have more ideas, I am more creative
13	I am less shy or inhibited
14	I wear more colorful and more extravagant clothes/make-up
15	I want to meet or actually do meet more people
16	I am more interested in sex, and/or have increased sexual desire
17	I am more flirtatious and/or am more sexually active
18	I talk more
19	I think faster
20	I make more jokes or puns when I am talking
21	I am more easily distracted
22	I engage in lots of new things
23	My thoughts jump from topic to topic
24	I do things more quickly and/or more easily
25	I am more impatient and/or get irritable more easily
26	I can be exhausting or irritating for others
27	I get into more quarrels
28	My mood is higher, more optimistic
29	I drink more coffee
30	I smoke more cigarettes
31	I drink more alcohol
32	I take more drugs (sedatives, anti-anxiety pills, stimulants)