

Smith Relaxation States Inventory 3 (SRSI3)

The Smith Relaxation States Inventory 3 (SRSI3) is a revised and expanded version of the Smith Relaxation States Inventory. It assesses 19 relaxation states (R-States) hypothesized to be associated with relaxation. These are divided into four categories loosely based on factor analytic research (Smith, Wedell, Kolotylo, Lewis, Beyers, and Segin, 2000): *Basic Relaxation* (R-States Sleepiness, Disengagement, Physical Relaxation, Rested / Refreshed, and Mental Relaxation); *Core Mindfulness* (Mindful Acceptance, Mindful Quiet, Mindful Centering, Mindful Awareness, Mindful Awakening, and Mindful Innocence); Mindful Doing (Trust, Energized, and Happy); Mindful Giving (Thankful and Loving, Prayerful); and Deep Mindfulness (Awe and Wonder, Deep Mystery, and Timeless, Boundless, Infinite, At One). In addition three stress states are measured: Somatic Stress, Worry, and Negative Emotion. SRSI3 includes all items present in previous R-State inventories. Three items hypothesized by the author to depict the experience of mindfulness, or full meditative awareness, were added (R-States Mindful Acceptance, Mindful Centering, Mindful Awakening). These three R-States, along with previously defined R-States of Mental Quiet (Mindful Quiet) and Aware (Mindful Awareness) are loosely organized in the a-priori category of Core Mindfulness.

The SRSI3 consists of 38 items. The state version (SRSI3s) asks how one "feels right now" on 6-point likert scale (1 = "not at all, 6 = maximum). The disposition version asks how often each item has been experienced (6 = "A LOT, more than ONCE A DAY," 5 = "ONCE A DAY," 4 = "About once EVERY OTHER DAY," 3 = "About ONCE A WEEK," 2 = "About ONCE A MONTH , less than once a week," and 1 = "RARELY or NEVER, less than once a month."

Reliability for the SRSI3 has yet to be determined. Chronbach alpha reliabilities for previous versions of this inventory (excluding three new mindfulness items) range from .60 to .88 (Smith, 2001).

Smith, J. C. (2001). *Advances in ABC Relaxation: Applications and Inventories*. New York: Springer

Smith, J. C., Wedell, A. B., Kolotylo, C. J., Lewis, J. E., Byers, K. Y. & Segin, C. M. (2000). ABC Relaxation Theory and the factor structure of relaxation states, recalled relaxation activities, dispositions, and motivations. *Psychological Reports*, 86, 1201-1208.

The Smith Inventory Series

Overview and Conditions for Use

Jonathan C. Smith, PhD

The Smith Inventory Series is a set of self-report questionnaires designed to measure various aspects of stress, relaxation, meditation, and mindfulness. The complete series includes:

Relaxation, Meditation, and Mindfulness

- SRSI3* The Smith Relaxation States Inventory 3. Measures 18 Relaxation States (R-States) and three stress states (somatic stress, worry, negative emotion). State (“How do you feel right now?”) format.
- SRSI3d* The Smith Relaxation States Inventory 3d. Disposition version of the SRSI3 that taps how often one experiences R-States and stress states (how many times a day, week, month, year)
- SRRAI3* The Smith Relaxation Recalled Activity Inventory 3. Taps R-States and stress states recalled for one’s “most effective relaxation and renewal activity” practiced during the prior two weeks.
- SRSI3b * The Smith Relaxation States Inventory 3b. Short version of the SRSI3 for client and workshop use.
- SRAI** The Smith Relaxation Attitudes Inventory (copyright owned by Springer Publishing Company). Measures eight negative beliefs hypothesized to interfere with considering or practicing relaxation, meditation, or mindfulness techniques.
- SRBI** The Smith Relaxation Beliefs Inventory. (Copyright owned by Springer Publishing Company). Measures eight beliefs hypothesized to support the practice of relaxation, meditation, and mindfulness techniques.

Technique Evaluation

- SRES* The Smith Relaxation Evaluation Scale. Three-item scale for quickly assessing the overall effectiveness of a just-practiced technique.

Stress

- SSSI* The Smith Stress Symptoms Inventory. Measures Worry, Negative Emotion, Autonomic Arousal/Anxiety, Striated Muscle Tension, Depression, Interpersonal Conflict / Anger. State Version (“How do you feel right now?”).
- SSSI d* Smith Stress Symptoms Inventory. Dispositional (“How do you generally feel?”) version of the SSSI.
- SJSI* The Smith Job Stress Inventory. Personal Symptoms, Sources of Job Stress (Design of Work Tasks, Management Style, Interpersonal Relationships, Work Roles, Career Concerns, Environmental Conditions, Feedback), and “What I Think this Job Needs.” Scales based on categories delineated by the National Institute of Occupational Safety and Health (NIOSH).
- SIRBI** The Smith Irrational Beliefs Inventory. Measures 24 categories of irrational thinking frequently mentioned in cognitive therapy literature. (copyright owned by Springer Publishing Company)

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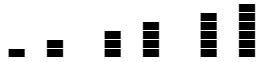
www.lulu.com/stress

<http://drsmith.deltalprinting.com>

HOW DO YOU FEEL RIGHT NOW? PLEASE CHECK ALL THE ITEMS USING THIS KEY.

RIGHT NOW, I FEEL THIS

① ② ③ ④ ⑤ ⑥
 Not at All A Little . . Moderately . . A Lot Maximum



- | | | | | | | |
|---|---|---|---|---|---|---|
| ① | ② | ③ | ④ | ⑤ | ⑥ | 1. My mind is SILENT and calm (I am not thinking about anything). |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 2. My muscles feel TIGHT and TENSE (clenched fist or jaws; furrowed brow). |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 3. I feel AT PEACE. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 4. I feel DROWSY and SLEEPY. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 5. Things seem AMAZING, AWESOME, and EXTRAORDINARY. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 6. Right now I recognize the wisdom of sometimes ACCEPTING things as they are. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 7. My muscles are SO RELAXED that they feel LIMP. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 8. I am HAPPY. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 9. I am WORRYING |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 10. I feel AT EASE. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 11. I feel DISTANT and FAR AWAY from my cares and concerns. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 12. I feel ENERGIZED, CONFIDENT, and STRENGTHENED. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 13. I am DOZING OFF or NAPPING. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 14. I feel THANKFUL. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 15. I feel like I am living fully and SIMPLY in the PRESENT, not distracted by past or future concerns. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 16. Things seem TIMELESS, BOUNDLESS, or INFINITE |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 17. I feel IRRITATED or ANGRY. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 18. I feel JOYFUL. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 19. I feel SAD, DEPRESSED, or BLUE. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 20. I feel AWARE, FOCUSED, and CLEAR. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 21. My hands, arms, or legs are SO RELAXED that they feel WARM and HEAVY. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 22. I feel INNOCENT and CHILDLIKE. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 23. My BREATHING is NERVOUS and UNEVEN (Or shallow and hurried). |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 24. I feel LOVING. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 25. Things seem FRESH and NEW, as if I am seeing them for the first time. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 26. I feel INDIFFERENT and DETACHED from my cares and concerns. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 27. I feel PRAYERFUL or REVERENT. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 28. I feel PHYSICAL DISCOMFORT or PAIN (backaches, headaches, fatigue) |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 29. My mind is QUIET and STILL. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 30. I feel ANXIOUS. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 31. I sense the DEEP MYSTERY of things beyond my understanding. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 32. I feel RESTED and REFRESHED |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 33. I feel CAREFREE. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 34. TROUBLESOME THOUGHTS are going through my mind. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 35. My body is PHYSICALLY RELAXED. |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 36. Presently I feel there's no need to try to change things that simply can't be changed. |
| | | | | | | |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 37. I feel fully focused and ABSORBED in what I am doing |
| ① | ② | ③ | ④ | ⑤ | ⑥ | 38. I feel trusting; I feel I can rely on someone or something |

Your age: _____ Gender: M F

SRSI3d

Below are feelings people sometimes have.

HOW OFTEN HAVE YOU FELT THIS WAY?

1. **My mind was SILENT and calm (I wasn't thinking about anything).**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
2. **My muscles felt TIGHT and TENSE (clenched fist or jaws; furrowed brow).**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
3. **I felt AT PEACE.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
4. **I felt DROWSY and SLEEPY before taking a nap or retiring for sleep.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
5. **Things seemed AMAZING, AWESOME, and EXTRAORDINARY.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
6. **I recognized the wisdom of sometimes ACCEPTING things as they are.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
7. **My muscles were SO RELAXED that they felt LIMP.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
8. **I was HAPPY.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
9. **I WORRIED**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
10. **I felt AT EASE.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
11. **I felt DISTANT and FAR AWAY from my cares and concerns.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
12. **I felt ENERGIZED, CONFIDENT, and STRENGTHENED.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
13. **I DOZED OFF or took a NAP when I wanted to.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
14. **I had feelings of THANKFULNESS.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
15. **I felt like I was living fully and SIMPLY in the PRESENT, not distracted by past or future concerns.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
16. **Things seemed TIMELESS, BOUNDLESS, or INFINITE**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
17. **I felt IRRITATED or ANGRY.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month
18. **I felt JOYFUL.**
 - A LOT, more than ONCE A DAY
 - ONCE A DAY
 - About once EVERY OTHER DAY

 - About ONCE A WEEK
 - About ONCE A MONTH (less than once a week)
 - RARELY or NEVER, less than once a month

PLEASE CONTINUE ON OTHER SIDE!



19. I felt SAD, DEPRESSED, or BLUE.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

20. I felt AWARE, FOCUSED, and CLEAR.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

21. My hands, arms, or legs were SO RELAXED that they felt WARM and HEAVY.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

22. I felt INNOCENT and CHILDLIKE.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

23. My BREATHING was NERVOUS and UNEVEN (Or shallow and hurried).

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

24. I felt LOVING.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

25. Things seemed FRESH and NEW, like seeing them for the first time.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

26. I felt INDIFFERENT and DETACHED from my cares and concerns.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

27. I felt PRAYERFUL or REVERENT.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

28. I felt PHYSICAL DISCOMFORT or PAIN (backaches, headaches, fatigue)

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

29. My mind was QUIET and STILL.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

30. I felt ANXIOUS.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

31. I sensed the DEEP MYSTERY of things beyond my understanding.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

32. I felt RESTED and REFRESHED

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

33. I felt CAREFREE.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

34. TROUBLESOME THOUGHTS were going through my mind.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

35. My body was PHYSICALLY RELAXED.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

36. I felt there's no need to try to change things that simply can't be changed.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

37. I felt fully focused and ABSORBED in what I was doing.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

38. I felt trusting; I felt I could rely on someone or something.

- A LOT, more than ONCE A DAY
- ONCE A DAY
- About once EVERY OTHER DAY

- About ONCE A WEEK
- About ONCE A MONTH (less than once a week)
- RARELY or NEVER, less than once a month

The Smith Relaxation States Inventory 3rd Edition (SRSI3) has both a traditional and experimental scoring key. The traditional scoring key targets the same scales addressed by all earlier versions of the Smith Relaxation States Inventory. It is based only on common items. This scoring key is presented below:

TRADITIONAL SCORING KEY

SCALE	ITEMS (Add and divide by number of items)	
Sleepiness	4 + 13	
Disengagement	11 + 26	
Rested / Refreshed	32	
Energized	12	
Physical Relaxation	7 + 21	
At Ease / Peace	3 + 10 + 33	
Joy	8 + 18	
Mental Quiet	1 + 29	
Childlike Innocence	22	
Thankfulness and Love	14 + 24	
Deep Mystery	31	
Awe and Wonder	5	
Prayerfulness	27	
Timeless/Boundless/Infinite	16	
Aware	20	
Somatic Stress	2 + 23 + 28	
Emotional Stress	17 + 19 + 30	
Cognitive Stress	9 + 34	

SRSI3 introduces several refinements over previous versions. The 4-point Likert scale has been expanded to a 6-point scale to increase sensitivity. Both verbal and visual (like cell-phone battery indicators) anchors are presented. Most importantly, SRSI3 is closely coordinated with new thinking on relaxation, meditation, and mindfulness. Specifically, the concept of mindfulness has been extensively incorporated in item content. The new key for this experimental inventory is:

RELAXATION, MEDITATION, MINDFULNESS SCORING KEY

NEW SCALESTRADITIONAL SCALESSCORING

BASIC RELAXATION

SLEEPINESS	Sleepiness	4 + 13
DISENGAGEMENT	Disengagement	11 + 26
PHYSICAL RELAXATION	Physical Relaxation	7 + 21 + 35
RESTED / REFRESHED	Rested / Refreshed	31
MENTAL RELAXATION	At ease / Peace	3 + 10 + 33

CORE MINDFULNESS

MINDFUL ACCEPTANCE		6 + 36
MINDFUL QUIET	Mental Quiet	1 + 29
MINDFUL CENTERING		15 + 37
MINDFUL AWARENESS	Aware	20
MINDFUL AWAKENING		25
MINDFUL INNOCENCE	Childlike Innocence	22

MINDFUL DOING

TRUST		38
ENERGIZED	Energized	12
HAPPY	Joyful	8 + 18

MINDFUL GIVING

THANKFUL AND LOVING	Thankful, Loving	14 + 24
PRAYERFUL	Prayerful	27

DEEP MINDFULNESS

AWE AND WONDER	Awe / Wonder	5
DEEP MYSTERY	Deep Mystery	31
TIMELESS, BOUNDLESS, INFINITE	Timeless . . .	16

