According to the Oxford Dictionary, ‘nostalgia’ is defined as a ‘sentimental longing for the past.’

1. How valuable is nostalgia for you?

   1  2  3  4  5  6  7
   Not at all    Very much

2. How important is it for you to bring to mind nostalgic experiences?

   1  2  3  4  5  6  7
   Not at all    Very much

3. How significant is it for you to feel nostalgic?

   1  2  3  4  5  6  7
   Not at all    Very much

4. How prone are you to feeling nostalgic?

   1  2  3  4  5  6  7
   Not at all    Very much

5. How often do you experience nostalgia?

   1  2  3  4  5  6  7
   Very rarely    Very frequently

6. Generally speaking, how often do you bring to mind nostalgic experiences?

   1  2  3  4  5  6  7
   Very rarely    Very frequently

7. Specifically, how often do you bring to mind nostalgic experiences? (Please check one.)

   _____ At least once a day
   _____ Three to four times a week
   _____ Approximately twice a week
   _____ Approximately once a week
   _____ Once or twice a month
   _____ Once every couple of months
   _____ Once or twice a year