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