

# Questionnaire about Feelings when Speaking in a Foreign Language

Version 4, March, 2021


Neil Curry and Kate Maher

(Adapted from Gkonou & Oxford's (2016) *Managing Your Emotions for Language Learning Questionnaire*)

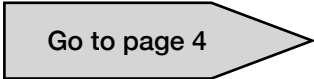
Speaking in a foreign language—in-class and outside of class—can feel good and be a satisfying experience. Sometimes, we can feel bad when things don't go as we want and that it can take a long time to get good at speaking. It's common for nearly all language learners to experience all of these kinds of feelings at some time. As a language learner, we would like to hear from you about what type of situations cause these feelings and your ideas about how to overcome challenges when speaking a foreign language. By answering this questionnaire, you will help researchers and teachers to understand the challenges that students face and ways to support them become better speakers.

In this questionnaire, there are four scenarios. We would prefer that you answer one scenario in detail than answering all of them briefly. So, please look at the list of scenarios and choose which one you can answer thoroughly. Please complete the questions for that scenario in as much detail as you can. When you are finished, and if you have time, please complete another scenario.


**Scenario 1: *You want to say something in English in class but don't.***

Go to page 3 


**Scenario 2: *There is another student in your class who you think is a better speaker than you. You have to do a speaking activity together.***

Go to page 4 

**Scenario 3: *You make a mistake during a classroom speaking activity and receive or perceive criticism from another student.***

Go to page 5 

**Scenario 4: *You make a mistake during a classroom speaking activity and receive or perceive criticism from the teacher.***

Go to page 6 

## After the scenarios, please answer the questions on page 7

Here is a list of adjectives which people have used to describe their feelings when they speak another language. Feel free to use them when you answer this questionnaire.

**Happy Grumpy Satisfied Tearful Calm Excited Motivated Ashamed Interested Hurt Comfortable**

**Sad Angry Worried Confident Depressed Relaxed Frightened Upset Tense Wound-up Guilty Nervous Afraid**

**Embarrassed Scared Unhappy Fun Uptight Insecure Good Confused Anxious**



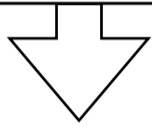
**Scenario 1: You want to say something in English in class but don't.**

You can answer in English or  
Japanese  
英語でも日本語でも構いません

1) How would you feel in this situation? Circle the number which corresponds with how positive or negative you would feel about it.

Negative • 0 1 2 3 4 5 6 7 8 9 10 • Positive

2) Please name the emotions (one or more) you would feel in this situation (maximum 10 words).



3) Why do you think you would feel this way? Please explain in a few words.

4) Have you ever encountered this situation or something like it? Circle the appropriate letter:

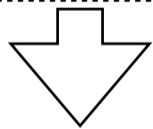
a. Yes

b. No



5) If the answer to **#4 is 'yes'** (you encountered this situation or something like it before), how did you feel?

Please explain in a few words.



6) Is it common for you to feel this way in this kind of situation? Circle the number on the scale that matches.

Never 0 1 2 3 4 5 6 7 8 9 10 Always

7) If you tried to manage your emotions in this situation, *how* did you do so? (maximum 30 words).

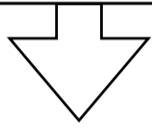
**Scenario 2: There is another student in your class who you think is a better speaker than you. You have to do a speaking activity together.**

You can answer in English or Japanese  
英語でも日本語でも構いません

8) How would you feel in this situation? Circle the number which corresponds with how positive or negative you would feel about it.

Positive • 0 1 2 3 4 5 6 7 8 9 10 • Negative

9) Please name the emotions (one or more) you would feel in this situation (maximum 10 words).

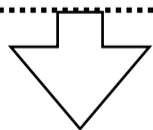


10) Why do you think you would feel this way? Please explain in a few words.

11) Have you ever encountered this situation or something like it? Circle the appropriate letter: a. Yes b. No



12) If the answer to #11 is 'yes' (you encountered this situation or something like it before), how did you feel? Please explain in a few words.



13) Is it common for you to feel this way in this kind of situation? Circle the number on the scale that matches.

Never 0 1 2 3 4 5 6 7 8 9 10 Always

14) If you tried to manage your emotions in this situation, *how* did you do so? (maximum 30 words).

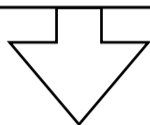
**Scenario 3: You make a mistake during a classroom speaking activity and receive or perceive criticism from another student.**

You can answer in English or Japanese  
英語でも日本語でも構いません

15) How would you feel in this situation? Circle the number which corresponds with how positive or negative you would feel about it.

Positive • 0 1 2 3 4 5 6 7 8 9 10 • Negative

16) Please name the emotions (one or more) you would feel in this situation (maximum 10 words).

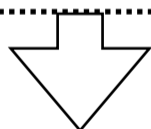


17) Why do you think you would feel this way? Please explain in a few words.

18) Have you ever encountered this situation or something like it? Circle the appropriate letter: a. Yes b. No



19) If the answer to **#18 is 'yes'** (you encountered this situation or something like it before), how did you feel? Please explain in a few words.



20) Is it common for you to feel this way in this kind of situation? Circle the number on the scale that matches.

Never 0 1 2 3 4 5 6 7 8 9 10 Always

21) Do your feelings vary depending on who the student is? Please say why or why not.

22) If you tried to manage your emotions in this situation, *how* did you do so? (maximum 30 words).

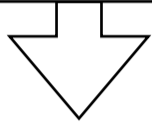
**Scenario 4: You make a mistake during a classroom speaking activity and receive or perceive criticism from the teacher.**

You can answer in English or Japanese  
英語でも日本語でも構いません

23) How would you feel in this situation? Circle the number which corresponds with how positive or negative you would feel about it.

Positive • 0 1 2 3 4 5 6 7 8 9 10 • Negative

24) Please name the emotions (one or more) you would feel in this situation (maximum 10 words).

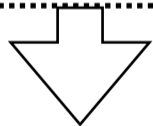


25) Why do you think you would feel this way? Please explain in a few words.

26) Have you ever encountered this situation or something like it? Circle the appropriate letter: a. Yes b. No



27) If the answer to **#26 is 'yes'** (you encountered this situation or something like it before), how did you feel? Please explain in a few words.



28) Is it common for you to feel this way in this kind of situation? Circle the number on the scale that matches.

Never 0 1 2 3 4 5 6 7 8 9 10 Always

29) Do your feelings vary depending on who the teacher is? Please say why or why not.

30) If you tried to manage your emotions in this situation, *how* did you do so? (maximum 30 words).

31) In this questionnaire we have described 4 scenarios. Are there any other speaking situations that you feel you need to have more confidence with?

32) If you have any comments or opinions about these scenarios or this questionnaire, please write freely below:

Thank you very much for your cooperation.