**From: [Fisher, O. & Oyserman, D. (2017). Assessing Interpretations of Experienced Ease and Difficulty as Motivational Constructs.](https://dornsife.usc.edu/assets/sites/782/docs/Fisher_and_Oyserman_2017_Motivational_Science_Proofs.pdf)*[Motivation Science, 17](https://dornsife.usc.edu/assets/sites/782/docs/Fisher_and_Oyserman_2017_Motivational_Science_Proofs.pdf)*[, 1-31.](https://dornsife.usc.edu/assets/sites/782/docs/Fisher_and_Oyserman_2017_Motivational_Science_Proofs.pdf)**

Please indicate how much you agree or disagree with each of the following statements by selecting the response that corresponds most closely to your opinion where 1 = strongly disagree, and 6= strongly agree.

***Difficulty as Impossibility***

* If a task feels difficult, my gut says that it may be impossible for me.
* I know a goal is impossible for me when it feels difficult to work on.
* When a task feels difficult, the experience of difficulty informs me that succeeding in the task is just not possible for me.
* When a goal feels difficult to attain, then it is probably out of my reach.

***Difficulty as Importance***

* If a task feels difficult, my gut says that it really matters for me.
* I know a goal is a key one for me when it feels difficult to work on.
* When a task feels difficult, the experience of difficulty informs me that succeeding in task is important for me.
* When a goal feels difficult to attain, then it is probably worth my effort.

***Ease as Possibility***

* If a task feels easy, my gut says that it is really possible for me.
* I know a goal is possible for me when it feels easy to work on.
* When a task feels easy, the experience of ease informs me that succeeding in the task is possible for me.
* When a goal feels easy to attain, then it is probably within my reach.

***Ease as Triviality***

* If a task feels easy, my gut says that it doesn’t really matter for me.
* I know a goal is inconsequential for me when it feels easy to work on.
* When a task feels easy, the experience of ease informs me that succeeding in the task is unimportant for me.
* When a goal feels easy to attain, then it is probably not worth my effort.