

Your Name: _____

Date: _____

Brief Mood Survey*	0 – Not at all	1 – Somewhat	2 – Moderately	3 – A lot	4 – Extremely
Instructions. Use checks (✓) to indicate how you're feeling <i>right now</i> . Please answer all the items. How <i>depressed</i> do you feel right now?					
1. Sad or down in the dumps					
2. Discouraged or hopeless					
3. Low self-esteem, inferiority, or worthlessness					
4. Loss of motivation to do things					
5. Loss of pleasure or satisfaction in life					
Total →					

How <i>suicidal</i> do you feel right now?					
1. Do you have any suicidal thoughts?					
2. Would you like to end your life?					
Total →					

How <i>anxious</i> do you feel right now?					
1. Anxious					
2. Frightened					
3. Worry about things					
4. Tense or on edge					
5. Nervous					
Total →					

How <i>angry</i> do you feel right now?					
1. Frustrated					
2. Annoyed					
3. Resentful					
4. Angry					
5. Irritated					
Total →					

Your answers on the following items will tend to be the opposite from your answers on the negative mood items above.

Positive Feelings Survey*	0 – Not at all	1 – Somewhat	2 – Moderately	3 – A lot	4 – Extremely
Instructions. Use checks (✓) to indicate how you're feeling <i>right now</i> . Please answer all the items. Positive Feelings: How you feel right now?					
1. I feel worthwhile.					
2. I feel good about myself.					
3. I feel close to people.					
4. I feel I am accomplishing something.					
5. I feel motivated to do things.					
6. I feel calm and relaxed.					
7. I feel a spiritual connection to others.					
8. I feel hopeful.					
9. I feel encouraged and optimistic.					
10. My life is satisfying.					
Total →					