| Your Name:  |                           |                     |                   |                |        |             |              |               | Date:        |          |             |  |                           |  |                           |                         |                |                      |                        |                  |                     |                           |                        |            |                        |                  |             |  |
|---|---------------------------|---------------------|-------------------|----------------|--------|-------------|--------------|---------------|--------------|----------|-------------|--|---------------------------|--|---------------------------|-------------------------|----------------|----------------------|------------------------|------------------|---------------------|---------------------------|------------------------|------------|------------------------|------------------|-------------|--|
| Please co   | mplete the following      | g su                | rvey              | s B            | EF0    | RE a        | and A        | AFTE          | Rt           | he s     | essi        | on. The  | en                        | complete the survey  | on th                     | ne b                    | ack            | AF                   | ΓER                    | the              | ses                 | sior                      | ı. Ti                  | nani       | ( VOI                  | u!               |             |  |
|   |                           |                     |                   | Before Session |        |             |              | After Session |              |          |             |  | Positive Feelings Survey* |  |                           |                         |                |                      | Г                      | T                |                     | 7                         | 7                      |            | $\Gamma$               |                  | Т           |  |
| Brief Mood Survey*  Instructions. Use checks (✓) to indicate how you're feeling right now. Please answer all the items. |                           | 0-Not at all        | 1—Somewhat        | 2-Moderately   | -A lot | 4—Extremely | 0—Not at all | 1—Somewhat    | 2-Moderately | 3-A lot  | 4—Extremely | ins<br>how<br>ans  | tru<br>N yo               | ctions. Use checks (✓) to i<br>ou're feeling <i>right now.</i> Plea<br>er all the items. | ndica                     |                         | 0-Not at all   | 1—Somewhat           | 2-Moderately           | 3—A lot          | 4—Extremely         |                           | 0-Not at all           | 1—Somewhat | 2—Moderately           | 3-A lot          | 4—Extremely |  |
| How depressed do you feel right now?  |                           | 9                   | 4                 | 2              | 60     | 4           | 9            | +             | 2            | 60       | 4           | -  | _                         | feel worthwhile.   |                           | 4                       | _              |                      |                        |                  | 1                   | 41-                       | 4                      |            |                        |                  |             |  |
| 1. Sad or down in the dumps   |                           |                     |                   |                |        |             |              |               |              |          |             | and the same of th | THE RESERVE               | feel good about myself.  | -                         | +                       | -              | _                    |                        |                  | +                   | 41-                       | 4                      |            |                        |                  | <u> </u>    |  |
| 2. Discouraged or hopeless  |                           |                     |                   |                |        |             |              |               |              |          |             | Street, Square, or other party of  | ALC: UNKNOWN              | feel close to people.  |                           | +                       | 4              |                      |                        |                  | 4                   | 41-                       | 4                      |            |                        |                  |             |  |
| <ul><li>3. Low self-esteem, inferiority, worthlessness</li><li>4. Loss of motivation to do things</li></ul>             |                           |                     |                   |                |        |             |              |               |              |          |             | Description of the last  | -                         | feel productive.   |                           | +                       | -              |                      |                        |                  | -                   | 41-                       | -                      | -          | _                      |                  | _           |  |
| Loss of motivation to do trings     Loss of pleasure or satisfaction in life  |                           |                     |                   |                |        | _           | H            |               |              |          |             | The state of the s | STATE OF TAXABLE PARTY.   | feel motivated to do things.<br>feel calm and relaxed.                                   |                           | +                       | 4              | _                    |                        |                  | +                   | ╂                         | +                      | -          |                        |                  | _           |  |
| 3. Loss of pleasure of satisfaction in life   |                           |                     |                   |                |        |             | Ш            | oxdot         | _            |          |             |  |                           | feel a connection to others.   |                           | +                       | +              | -                    |                        | -                |                     | +                         | +                      | -          |                        |                  | <u> </u>    |  |
| How enioidal de   | s seem food whelst many O |                     | Tota              |                |        |             |              | Tota          |              |          |             | - Promountain  | The Real Property lies    | feel hopeful.  |                           | +                       | $\dashv$       | -                    | -                      |                  | +-                  | 11-                       | +                      | -          | _                      |                  |             |  |
| How suicidal do you feel right now?  1. Do you have any suicidal thoughts?  |                           |                     |                   |                |        |             | <u> </u>     |               |              |          |             | the second second  |                           | feel encouraged and optimi   | etic                      | +                       | +              |                      | -                      |                  | -                   | +                         | +                      | +          | -                      | -                |             |  |
| 2. Would you like to e  |                           |                     |                   | -              |        | -           | H            |               | _            |          |             | The same of the sa | -                         | ly life is satisfying.   | Suc.                      | +                       | +              | -                    |                        |                  | -                   | +                         | +                      | $\dashv$   | $\dashv$               | -                | _           |  |
| To Angula Angular to elia Angulais.   |                           |                     | Total →           |                |        | -           | Total →      |               |              | <u>.</u> |             |  |                           |  | Total →                   |                         |                |                      |                        | 1 -              |                     | Tota                      | 3                      |            |                        |                  |             |  |
| How anxious do  | you feel right now?       |                     | lota              | ובי            |        |             |              | lota          | וביו         |          |             |  |                           |  |                           |                         |                | IVIA                 |                        |                  |                     | 1                         |                        | 1014       | ישנ                    |                  |             |  |
| 1. Anxious  |                           |                     |                   |                |        |             |              |               |              |          | 一           |  |                           |  |                           | E                       | Before Session |                      |                        |                  |                     |                           | After Session          |            |                        |                  |             |  |
| 2. Frightened   |                           |                     |                   |                |        |             |              | $\neg$        |              |          |             | P  | داه                       | tionship Satisfaction *  |                           | 70                      | -              | Г                    |                        |                  |                     |                           | 8                      | T          | T                      | T                | T           |  |
| 3. Worrying about things  |                           |                     |                   |                |        |             |              |               |              |          |             |  |                           | Sfie   | Sfie                      |                         | 8              | D                    |                        |                  | sfie                | if ec                     | -                      | 3 8        |                        |                  |             |  |
| 4. Tense or on edge   |                           |                     |                   |                |        |             |              |               |              |          |             | Put the name of an important relationship in your life:  |                           |  | 2                         | sati                    | atis           |                      | Sfe                    | Sfe              |                     | D                         | sati                   | at:        | and a                  | Sile             |             |  |
| 5. Nervous  |                           |                     |                   |                |        |             |              |               |              |          |             | leiai  | UUI                       | ship in your me.   | SE                        | Dis                     | Ois            |                      | Sati                   | Sat              | 6                   | Sfice                     | Dis                    | Si         | 150                    | Sat              | 8           |  |
| How angry do you feel right now?  |                           |                     | Total →           |                |        |             | Total →      |               |              |          |             | relationship in your life:  Use checks (✓) to indicate how you feel about this relationship.  Please answer all 5 items.   |                           |  | 1—Moderately Dissatisfied | 2—Somewhat Dissatisfied | 3—Neutral      | 4-Somewhat Satisfied | 5-Moderately Satisfied | 6-Very Satisfied | 0—Very Dissatisfied | 1-Moderately Dissatisfied | -Somewhat Dissatisfied | -Neutral   | 5—Moderately Satisfied | 6—Very Satisfied |             |  |
| 1. Frustrated   |                           |                     |                   |                |        |             |              |               |              |          |             |  |                           | ase answer all 5 items.  | 18                        | 1 8                     | တို            | -Ne                  | တို                    | 울                | F                   | Ş                         | 음                      | တို :      | 2 2                    | 일을               | F           |  |
| 2. Annoyed  |                           |                     |                   |                |        |             |              |               |              |          |             |  |                           |  | 9                         | 1+                      | 2              | 4                    | 4                      | 4                | 9                   | 9                         | +                      | 2          | 7 4                    | 나                | 9           |  |
| 3. Resentful  |                           |                     |                   |                |        |             |              |               |              |          |             |  |                           | mmunication and openness   | 4                         |                         |                |                      |                        | _                |                     |                           |                        |            |                        |                  |             |  |
| 4. Angry  |                           |                     | T                 |                |        |             |              |               |              |          |             |  |                           | solving conflicts  | -                         |                         |                |                      |                        | _                |                     |                           |                        |            |                        |                  |             |  |
| 5. Irritated  |                           |                     |                   |                |        |             |              |               |              |          |             |  |                           | gree of affection and caring   | -                         |                         |                |                      |                        | _                | _                   | Ш                         |                        |            |                        | _                |             |  |
| How much psyc   | chotherapy homework ha    |                     | Total             |                | nce v  |             |              | Fotal         |              |          |             |  |                           | macy and closeness<br>erall satisfaction   |                           |                         |                |                      |                        |                  |                     |                           |                        |            |                        |                  |             |  |
| None A little   |                           |                     | A moderate amount |                |        |             | A lot        |               |              |          | 7           |  |                           |  | Total → Total             |                         |                |                      |                        |                  |                     | al 🚽                      |                        |            |                        |                  |             |  |
|   |                           | . Thousand diriodit |                   |                |        | 71101       |              |               |              | $\dashv$ |             |  |                           |  |                           |                         |                |                      |                        |                  |                     |                           |                        |            | nagree after           |                  |             |  |