

Name: _____ Date: _____

Brief Mood Survey *

Instructions. Use checks (✓) to indicate how you're feeling right now, **at this moment**. On the Suicidal Urges scale, indicate how you've been feeling **recently**.

Please answer all the items.

How depressed do you feel *right now*?

	Before Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. Sad or down in the dumps					
2. Discouraged or hopeless					
3. Low self-esteem					
4. Worthless or inadequate					
5. Loss of pleasure or satisfaction in life					
Total →					

	After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
Total →					

Suicidal Urges (How have you felt recently?)

	Before Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. Do you have any suicidal thoughts?					
2. Would you like to end your life?					
Total →					

	After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
Total →					

How anxious do you feel *right now*?

	Before Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. Anxious					
2. Frightened					
3. Worrying about things					
4. Tense or on edge					
5. Nervous					
Total →					

	After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
Total →					

How angry do you feel *right now*?

	Before Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. Frustrated					
2. Annoyed					
3. Resentful					
4. Angry					
5. Irritated					
Total →					

	After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
Total →					

Relationship Satisfaction *

Instructions. Use checks (✓) to show how satisfied or dissatisfied you feel in a personal relationship. Put the name of the person here:

Please answer all 5 items.

	Before Session						
	Dissatisfied			Satisfied			
	0—Very	1—Moderately	2—Somewhat	3—Neutral	4—Somewhat	5—Moderately	6—Very
1. Communication and openness							
2. Resolving conflicts and arguments							
3. Degree of affection and caring							
4. Intimacy and closeness							
5. Overall satisfaction							
Total →							

	After Session						
	Dissatisfied			Satisfied			
	0—Very	1—Moderately	2—Somewhat	3—Neutral	4—Somewhat	5—Moderately	6—Very
Total →							