

## Brief Mood Survey\*

**Instructions.** Use checks (✓) to indicate how you're feeling *right now*. Please answer all the items.

	Before Session					After Session					
	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	
<b>How depressed do you feel right now?</b>											
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			✓				✓				
<b>Total →</b>					<b>15</b>	<b>Total →</b>					<b>3</b>
<b>How suicidal do you feel right now?</b>											
1. Do you have any suicidal thoughts?			✓			✓					
2. Would you like to end your life?	✓					✓					
<b>Total →</b>					<b>2</b>	<b>Total →</b>					<b>0</b>
<b>How anxious do you feel right now?</b>											
1. Anxious					✓			✓			
2. Frightened				✓			✓				
3. Worrying about things			✓				✓				
4. Tense or on edge					✓			✓			
5. Nervous					✓			✓			
<b>Total →</b>					<b>13</b>	<b>Total →</b>					<b>8</b>
<b>How angry do you feel right now?</b>											
1. Frustrated			✓				✓				
2. Annoyed		✓					✓				
3. Resentful		✓				✓					
4. Angry			✓			✓					
5. Irritated			✓				✓				
<b>Total →</b>					<b>8</b>	<b>Total →</b>					<b>3</b>

## Relationship Satisfaction\*

Put the name of the person you are rating here:

Helen (my wife)

Use checks (✓) to indicate how satisfied or dissatisfied you feel about this relationship.

Please answer all five items.

	Before Session						After Session								
	0—Very Dissatisfied	1—Moderately Dissatisfied	2—Somewhat Dissatisfied	3—Neutral	4—Somewhat Satisfied	5—Moderately Satisfied	6—Very Satisfied	0—Very Dissatisfied	1—Moderately Dissatisfied	2—Somewhat Dissatisfied	3—Neutral	4—Somewhat Satisfied	5—Moderately Satisfied	6—Very Satisfied	
1. Communication and openness					✓						✓				
2. Resolving conflicts and arguments				✓						✓					
3. Degree of affection and caring				✓						✓					
4. Intimacy and closeness				✓						✓					
5. Overall satisfaction					✓						✓				
<b>Total →</b>							<b>17</b>	<b>Total →</b>							<b>17</b>

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