Name: <u>Mark</u>						Date:										
Brief Mood Survey*					Г	Before Session					After Session					
								T		_						
Instructions. Use checks (✓) to indicate how you're							-Somewhat	2—Moderately		4—Extremely	=	1—Somewhat	2—Moderately		4—Extremely	
feeling <i>right now</i> . Please answer all the items.							JMC	oge	<u>ठ</u>	ctre	le te tolo	me	ge	<u>5</u>	tre	
5 5						0-Not at all	ၯ	₹	٩	Ŷ	Ž	S	Ĭ	3—A lot	Ŷ	
How depressed do you feel right now?							-	7	က	4	٥	4	- 4	က်	4	
1. Sad or down in the dumps																
2. Discouraged or hopeless							√						4	-		
3. Low self-esteem						√	✓	_		-	_		+			
4. Worthless or inadequate5. Loss of pleasure or satisfaction in life													+-+			
5. Loss of pleasure of Satisfaction in life						<u> </u>		\top								
		_				10	tal 🗦	>	2			Γotal	7			
How suicidal do you feel right	nt no	ow?				./				٠.		_				
1. Do you have any suicidal thoughts?2. Would you like to end your life?										-						
2. Would you like to end your life?						<u> </u>		T								
	la 4	?				10	tal 🗦		0	┛、		otal	→			
How anxious do you feel rig	nt <i>n</i> c	ow?				7	<u> </u>	<u> </u>	1	٦)	\	<u> </u>	$\overline{1}$	П		
2. Frightened						1	*			-//			+-+			
3. Worrying about things					\exists	Ť	7	1	+				+			
4. Tense or on edge			4			1							+			
5. Nervous		7					√				-		+			
				$\overline{}$		Τo	tal 🚽		3			Γotal	_			
How angry do you feel <i>righ</i>	t no	w?					lai 🔽	L				otai				
1. Frustrated							√								_	
2. Annoyed			7			√										
3. Resentful				7		✓										
4. Angry						✓										
5. Irritated						✓										
						То	tal -	• [1			Total	→			
Relationship Satisfaction* Before Session						n			After Session							
Relationship Gatisfaction		ъ						1		ъ	_					
		1—Moderately Dissatisfied	2—Somewhat Dissatisfied		-	0				1—Moderately Dissatisfied	Somewhat Dissatisfied		-5	9		
Put the name of someone you care about here:	5	sati	atis		sfie	sfie			9	sati	atis		sfie	sfie		
	sfie	Jiss	iss		atis	Sati	0		sfie	Jiss	iss		atis	Sati	2	
My oldest son	0—Very Dissatisfied	ly I	at D		4—Somewhat Satisfied	5-Moderately Satisfied	6—Verv Satisfied		0—Very Dissatisfied	l VI	at D		Somewhat Satisfied	5—Moderately Satisfied	6—Verv Satisfied	
Use checks (✓) to indicate how satisfied or	Dis	rate	wh	a	wh	rate	Sati		Diss	rate	wh	a	ķ	rate	Sati	
dissatisfied you feel about this relationship.	اح	ode	me	utr	me	ge	2	,	Ş	ge	me	utr	i e	ge	2	
	ڄ	-Mc	-გი	3—Neutral	တို	Ĭ	ڄ		ڄ	ĕ	တို	3—Neutra	တို	Ĭ	ڄ	
Please answer all five items.		-	2-	မ	4-	5	မ		0	+	2-	3-	4	7	٩	
Communication and openness	✓														<u></u>	
2. Resolving conflicts and arguments	✓															
3. Degree of affection and caring		✓		_												
4. Intimacy and closeness		✓														
5. Overall satisfaction	1															
2. 2.0.0 0	1		_		_		_	1	<u> </u>	1						
			1	Total	→		2	1			7	otal	→			

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