### Brief Mood Survey*

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

#### How depressed do you feel right now?

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** 15

#### How suicidal do you feel right now?

1. Do you have any suicidal thoughts?
2. Would you like to end your life?

**Total** 2

#### How anxious do you feel right now?

1. Anxious
2. Frightened
3. Worrying about things
4. Tense or on edge
5. Nervous

**Total** 13

#### How angry do you feel right now?

1. Frustrated
2. Annoyed
3. Resentful
4. Angry
5. Irritated

**Total** 8

### 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.

1. Communication and openness
2. Resolving conflicts and arguments
3. Degree of affection and caring
4. Intimacy and closeness
5. Overall satisfaction

**Total** 17

---

* Copyright © 2004 by David D. Burns, M.D. Reproduction or download is prohibited. If you would like to use scales like these in your clinical work, contact david@feelinggood.com for ordering information for the Therapist’s Toolkit.