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 dumbs ✓
2. Discouraged or hopeless ✓
3. Low self-esteem ✓
4. Worthless or inadequate ✓
5. Loss of pleasure or satisfaction in life ✓

Total ➔ 2

How suicidal do you feel right now?
1. Do you have any suicidal thoughts? ✓
2. Would you like to end your life? ✓

Total ➔ 0

How anxious do you feel right now?
1. Anxious ✓
2. Frightened ✓
3. Worrying about things ✓
4. Tense or on edge ✓
5. Nervous ✓

Total ➔ 3

How angry do you feel right now?
1. Frustrated ✓
2. Annoyed ✓
3. Resentful ✓
4. Angry ✓
5. Irritated ✓

Total ➔ 1

Relationship Satisfaction*
Put the name of someone you care about here:

My oldest son

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 ➔ 2