

Mark's Before and After Session
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*?

	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, inferiority, or worthlessness		✓			
4. Loss of motivation to do things	✓				
5. Loss of pleasure or satisfaction in life	✓				
Total →					2

After 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, inferiority, or worthlessness	✓				
4. Loss of motivation to do things	✓				
5. Loss of pleasure or satisfaction in life	✓				
Total →					0

How suicidal do you feel *right now*?

	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 →					0

After 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 →					0

How anxious do you feel *right now*?

	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 →					3

After 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 →					0

How angry do you feel *right now*?

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

After 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 →					0

Positive Feelings Survey*

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

Positive Feelings: How do you feel right now?

	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. I feel worthwhile.				✓	
2. I feel good about myself.				✓	
3. I feel close to people.				✓	
4. I feel I am accomplishing something.					✓
5. I feel motivated to do things.					✓
6. I feel calm and relaxed.			✓		
7. I feel a spiritual connection to others.			✓		
8. I feel hopeful.					✓
9. I feel encouraged and optimistic.					✓
10. My life is satisfying.					✓
Total →					34

After Session

	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. I feel worthwhile.				✓	
2. I feel good about myself.					✓
3. I feel close to people.					✓
4. I feel I am accomplishing something.					✓
5. I feel motivated to do things.					✓
6. I feel calm and relaxed.					✓
7. I feel a spiritual connection to others.					✓
8. I feel hopeful.					✓
9. I feel encouraged and optimistic.					✓
10. My life is satisfying.					✓
Total →					39

Mark's Evaluation of Therapy Session*

Instructions. Use checks (✓) to indicate how you felt about your most recent therapy session.

Please answer all the items.

0-Not at all true	1-Somewhat true	2-Moderately true	3-Very true	4-Completely true
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Therapeutic Empathy

1. My therapist seemed warm, supportive, and concerned.					✓
2. My therapist seemed trustworthy.					✓
3. My therapist treated me with respect.					✓
4. My therapist did a good job of listening.					✓
5. My therapist understood how I felt inside.					✓
Total →					20

Helpfulness of the Session

6. I was able to express my feelings during the session.					✓
7. I talked about the problems that are bothering me.					✓
8. The techniques we used were helpful.					✓
9. The approach my therapist used made sense.					✓
10. I learned some new ways to deal with my problems.					✓
Total →					20

Satisfaction with Today's Session

11. I believe the session was helpful to me.					✓
12. Overall, I was satisfied with today's session.					✓
Total →					8

Your Commitment

13. I plan to do therapy homework before the next session.					✓
14. I intend to use what I learned in today's session.					✓
Total →					8

Negative Feelings During the Session

15. At times, my therapist didn't seem to understand how I felt.	✓				
16. At times, I felt uncomfortable during the session.	✓				
17. I didn't always agree with my therapist.	✓				
Total →					1

Difficulties with the Questions

18. It was hard to answer some of these questions honestly.	✓				
19. Sometimes my answers didn't show how I really felt inside.	✓				
20. It would be too upsetting for me to criticize my therapist.	✓				
Total →					0

What did you like **the least** about the session? Noting. _____

What did you like **the best** about the session? The whole session