

# Marilyn'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*?

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

How suicidal do you feel *right now*?

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

Total → 0

<input checked="" type="checkbox"/>			
<input checked="" type="checkbox"/>			

Total → 0

How anxious do you feel *right now*?

- 1. Anxious
  - 2. Frightened
  - 3. Worrying
  - 4. Tense or
  - 5. Nervous

	✓	
	✓	
	✓	
	✓	
	✓	
	✓	
Total ➔	5	

How angry do you feel *right now*?

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

			✓	
				✓
			✓	
				✓
				✓

✓		
✓		
✓		
	✓	
✓		

## 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?

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.

	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
				✓	
				✓	
					✓
					✓
					✓
					✓
				✓	
					✓
					✓
					✓
Total ➔				✓	

## Session with Marilyn / TEAM-CBT

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### Marilyn'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 → 0

#### 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? Nothing.

What did you like **the best** about the session? Compassion, empathy, mirroring, and understanding.

Looking at the positive aspects of my negative feelings. Examining the cognitive distortions, the Double Standard Technique, the Externalization of Voices, and the humor.