

Marilyn's Before 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 →					17

After Session

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

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

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

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 →					20

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

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 →					18

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

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 →					8

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