

Holly'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 →					11

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 →					16

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 →					3

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 →					13

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