

Your name or initials: Michelle

Date: 16/05/21

Please complete the following surveys BEFORE and AFTER the session. Please complete the survey on the back AFTER the session. Thank you!

Brief Mood Survey*	Before Session					After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
<b>Instructions.</b> Use checks (✓) to indicate how you're feeling <i>right now</i> . Please answer all the items.										
How <b>depressed</b> do you feel right now?										
1. Sad or down in the dumps		✓				✓				
2. Discouraged or hopeless			✓			✓				
3. Low self-esteem, inferiority, worthlessness		✓				✓				
4. Loss of motivation to do things		✓				✓				
5. Loss of pleasure or satisfaction in life		✓				✓				
<b>Total →</b>	<b>6</b>					<b>0</b>				

**Suicidal** urges: Do you sometimes

1. Feel like you'd be better off dead?	✓				✓			
2. Have suicidal thoughts or fantasies?	✓				✓			
3. Have urges or plans to end your life?	✓				✓			
<b>Total →</b>	<b>0</b>				<b>0</b>			

How **anxious** do you feel right now?

1. Anxious					✓	✓				
2. Frightened	✓					✓				
3. Worrying about things					✓	✓				
4. Tense or on edge					✓	✓				
5. Nervous				✓		✓				
<b>Total →</b>	<b>15</b>					<b>0</b>				

How **angry** do you feel right now?

1. Frustrated			✓			✓				
2. Annoyed		✓				✓				
3. Resentful		✓				✓				
4. Angry	✓					✓				
5. Irritated		✓				✓				
<b>Total →</b>	<b>5</b>					<b>0</b>				

Happiness*	Before Session					After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
<b>Instructions.</b> Use checks (✓) to indicate how you're feeling <i>right now</i> . Please answer all the items.										
1. Happy and joyful				✓						✓
2. Hopeful and optimistic			✓							✓
3. Worthwhile, high self-esteem				✓						✓
4. Motivated, productive			✓							✓
5. Pleasure and satisfaction in life				✓						✓
<b>Total →</b>	<b>13</b>					<b>20</b>				

Relationship Satisfaction *	Before Session						After Session							
	0—Very Dissatisfied	1—Moderately Dissatisfied	2—Somewhat Dissatisfied	3—Neutral	4—Somewhat Satisfied	5—Moderately Satisfied	6—Very Satisfied	0—Very Dissatisfied	1—Moderately Dissatisfied	2—Somewhat Dissatisfied	3—Neutral	4—Somewhat Satisfied	5—Moderately Satisfied	6—Very Satisfied
<b>Put the name of an important relationship in your life:</b> <u>Best friend</u>														
<b>Use checks (✓) to indicate how you feel about this relationship.</b>														
<b>Please answer all 5 items.</b>														
1. Communication and openness						✓								✓
2. Resolving conflicts						✓								✓
3. Degree of affection and caring						✓								✓
4. Intimacy and closeness						✓								✓
5. Overall satisfaction						✓								✓
<b>Total →</b>	<b>30</b>						<b>30</b>							

How much psychotherapy homework have you done since your last session? (✓)

None	A little	A moderate amount	A lot
	✓		

Please fill this out AFTER the session. Thank you!

### Evaluation of Therapy Session\*

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

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

Please answer all the items.

#### 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.					✓
<b>Total →</b>					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.					✓
<b>Total →</b>					20

#### Satisfaction with Today's Session

11. I believe the session was helpful to me.					✓
12. Overall, I was satisfied with today's session.					✓
<b>Total →</b>					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.					✓
<b>Total →</b>					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.	✓				
<b>Total →</b>					4

#### Difficulties with the Questions

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

*purely relating to my anxiety - not towards David or Jill!*

What did you like **the least** about the session?

*Absolutely nothing!! This was such a gift & I feel so fortunate & incredibly grateful*

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

*The addressing of ambivalence, the positive reframe, the warmth from you both, & how it helped me to soften into & accept those feelings.*