

Name: _____ D.O.B.: _____ Date: _____

Feelings Survey

1.
 - I do not feel sad.
 - I feel sad much of the time.
 - I am sad all of the time.
 - I am so sad or unhappy that I cannot stand it.
2.
 - I am not discouraged about my future.
 - I feel more discouraged about my future than I used to be.
 - I do not expect things to work out for me.
 - I feel my future is hopeless and will only get worse.
3.
 - I do not feel like a failure.
 - I have failed more than I should have.
 - As I look back, I see a lot of failures.
 - I feel I am a total failure as a person.
4.
 - I get as much pleasure as I ever did from the things I enjoy.
 - I don't enjoy things as much as I used to.
 - I get very little pleasure from the things I used to enjoy.
 - I can't get any pleasure from the things I used to enjoy.
5.
 - I don't feel particularly guilty.
 - I feel guilty over many things I have done or should have done.
 - I feel quite guilty most of the time.
 - I feel guilty all of the time.
6.
 - I don't feel I am being punished.
 - I feel I may be punished.
 - I expect to be punished.
 - I feel I am being punished.
7.
 - I feel the same about myself as ever.
 - I have lost confidence in myself.
 - I am disappointed in myself.
 - I dislike myself.
8.
 - I don't criticize or blame myself more than usual.
 - I am more critical of myself than I used to be.
 - I criticize myself for all of my faults.
9.
 - I don't have any thoughts of killing myself.
 - I have thoughts of killing myself, but I would not carry them out.
10.
 - I would like to kill myself.
 - I would kill myself if I had the chance.
11.
 - I don't cry anymore than I used to.
 - I cry more than I used to.
 - I cry over every little thing.
 - I feel like crying, but I can't.
12.
 - I am no more restless or wound up than usual.
 - I feel more restless or wound up than usual.
 - I am so restless or agitated that I have to keep moving or doing something.
13.
 - I have not lost interest in other people or activities.
 - I am less interested in other people or things than before.
 - I have lost most of my interest in other people or things.
 - It's hard to get interested in anything.
14.
 - I make decisions about as well as ever.
 - I find it more difficult to make decisions than usual.
 - I have much greater difficulty in making decisions than I used to.
 - I have trouble making decisions.
15.
 - I do not feel I am worthless.
 - I don't consider myself as worthwhile and useful as I used to.
 - I feel more worthless as compared to other people.
 - I feel utterly useless.
16.
 - I have as much energy as ever.
 - I have less energy than I used to have.
 - I don't have enough energy to do very much.
 - I don't have enough energy to do anything.
17.
 - I have not experienced any change in my sleeping pattern.
 - I sleep somewhat more than usual.
 - I sleep somewhat less than usual.
 - I sleep a lot more than usual.
 - I sleep a lot less than usual.
 - I sleep most of the day.
 - I wake up 1-2 hours early and can't get back to sleep.
18.
 - I am no more irritable than usual.
 - I am more irritable than usual.
 - I am much more irritable than usual.
 - I am irritable all the time.
19.
 - I have not experienced any change in my appetite.
 - My appetite is somewhat less than usual.
 - My appetite is somewhat greater than usual.
 - My appetite is much less than usual.
 - My appetite is much greater than usual.
 - I have no appetite at all.
 - I crave food all the time.
20.
 - I can concentrate as well as ever.
 - I can't concentrate as well as usual.
 - It's very hard to keep my mind on anything for very long.
 - I find I can't concentrate on anything.
21.
 - I am no more tired or fatigued than usual.
 - I get more tired or fatigued more easily than usual.
 - I am too tired or fatigued more easily than usual.
 - I am too tired or fatigued to do most of the things I used to.
22.
 - I have not noticed any recent change in my interest in sex.
 - I am less interested in sex than I used to be.
 - I am much less interested in sex now.
 - I have lost interest in sex completely.