

Your Name: _____ Date: _____

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
Instructions. Use checks (✓) to indicate how you're feeling <i>right now</i> . 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										
Total →										

How suicidal do you feel right now?										
1. Do you have any suicidal thoughts?										
2. Would you like to end your life?										
Total →										

How anxious do you feel right now?										
1. Anxious										
2. Frightened										
3. Worrying about things										
4. Tense or on edge										
5. Nervous										
Total →										

How angry do you feel right now?										
1. Frustrated										
2. Annoyed										
3. Resentful										
4. Angry										
5. Irritated										
Total →										

Your answers on the following items will tend to be the opposite from your answers on the negative mood items above.

Positive Feelings 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
Instructions. Use checks (✓) to indicate how you're feeling <i>right now</i> . 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.										
Total →										

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Please fill this out BEFORE and AFTER the session. Thank you!