



EMOTIONAL WELLBEING QUESTIONNAIRE

All questions contained in this questionnaire are strictly confidential.

Date:
DOB:

Name:

Check all that apply. If you have to think about it, skip it. Don't limit your choices.

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| <ul style="list-style-type: none"> <input type="checkbox"/> I hide my feelings behind a facade of cheerfulness <input type="checkbox"/> I dislike arguments and often give in to avoid conflict <input type="checkbox"/> I turn to food, work, alcohol, drugs, etc., when down <input type="checkbox"/> I feel anxious without knowing why <input type="checkbox"/> I have a secret fear that something bad will happen <input type="checkbox"/> I wake up feeling anxious <input type="checkbox"/> I get annoyed by the habits of others <input type="checkbox"/> I focus on others' mistakes <input type="checkbox"/> I am critical and intolerant <input type="checkbox"/> I often neglect my own needs to please <input type="checkbox"/> I find it difficult to say "no" <input type="checkbox"/> I tend to be easily influenced <input type="checkbox"/> I constantly second-guess myself <input type="checkbox"/> I seek advice, mistrusting my own intuition <input type="checkbox"/> I often change my mind out of confusion <input type="checkbox"/> I'm afraid I might lose control of myself <input type="checkbox"/> I have sudden fits of rage <input type="checkbox"/> I feel like I'm going crazy <input type="checkbox"/> I make the same mistakes over and over <input type="checkbox"/> I don't learn from my experience <input type="checkbox"/> I keep repeating the same patterns <input type="checkbox"/> I need to be needed and want my loved ones close | <ul style="list-style-type: none"> <input type="checkbox"/> I feel unloved and unappreciated by my family <input type="checkbox"/> I easily feel slighted and hurt <input type="checkbox"/> I often feel spacey and absent minded <input type="checkbox"/> I find myself unable to concentrate for long <input type="checkbox"/> I get drowsy and sleep more than necessary <input type="checkbox"/> I am overly concerned with cleanliness <input type="checkbox"/> I feel unclean or physically unattractive <input type="checkbox"/> I tend to obsess over little things <input type="checkbox"/> I feel overwhelmed by my responsibilities <input type="checkbox"/> I don't cope well under pressure <input type="checkbox"/> I have temporarily lost my self-confidence <input type="checkbox"/> I become discouraged with small setbacks <input type="checkbox"/> I am easily disheartened when faced with difficulties <input type="checkbox"/> I am often skeptical and pessimistic <input type="checkbox"/> I feel hopeless, and can't see a way out <input type="checkbox"/> I lack faith that things could get better in my life <input type="checkbox"/> I feel sullen and depressed <input type="checkbox"/> I am obsessed with my own troubles <input type="checkbox"/> I dislike being alone and I like to talk <input type="checkbox"/> I usually bring conversations back to myself | <ul style="list-style-type: none"> <input type="checkbox"/> I am suspicious of others <input type="checkbox"/> I feel discontented and unhappy <input type="checkbox"/> I am full of jealousy, mistrust, or hate <input type="checkbox"/> I'm often homesick for the "way it was" <input type="checkbox"/> I think more about the past than the present <input type="checkbox"/> I often think about what might have been <input type="checkbox"/> I often feel too tired to face the day ahead <input type="checkbox"/> I feel mentally exhausted <input type="checkbox"/> I tend to put things off <input type="checkbox"/> I find it hard to wait for things <input type="checkbox"/> I am impatient and irritable <input type="checkbox"/> I prefer to work alone <input type="checkbox"/> I lack self-confidence <input type="checkbox"/> I feel inferior and often become discouraged <input type="checkbox"/> I never expect anything but failure <input type="checkbox"/> I am afraid of things such as spiders, illness, etc. <input type="checkbox"/> I am shy, overly sensitive, and modest <input type="checkbox"/> I get nervous and embarrassed <input type="checkbox"/> I get depressed without any reason <input type="checkbox"/> I feel my moods swinging back and forth <input type="checkbox"/> I get gloomy feelings that come and go <input type="checkbox"/> I tend to overwork and keep on in spite of exhaustion |
|---|--|---|

<ul style="list-style-type: none"> <input type="checkbox"/> I have a strong sense of duty and never give up <input type="checkbox"/> I neglect my own needs in order to complete a task <input type="checkbox"/> I feel completely exhausted, physically and/or mentally <input type="checkbox"/> I am totally drained of all energy with no reserves left <input type="checkbox"/> I have just been through a long period of illness or stress <input type="checkbox"/> I feel unworthy and inferior <input type="checkbox"/> I often feel guilty <input type="checkbox"/> I blame myself for everything that goes wrong <input type="checkbox"/> I am overly concerned and worried about my loved ones <input type="checkbox"/> I am distressed and disturbed by other people's problems <input type="checkbox"/> I worry that harm may come to those I love <input type="checkbox"/> I sometimes feel terror and panic <input type="checkbox"/> I become helpless and frozen when afraid <input type="checkbox"/> I suffer from nightmares <input type="checkbox"/> I set high standards for myself <input type="checkbox"/> I am strict with my health, work &/or spiritual discipline <input type="checkbox"/> I am very self-disciplined, always striving for perfection <input type="checkbox"/> I find it difficult to make decisions <input type="checkbox"/> I often change my opinions <input type="checkbox"/> I have intense mood swings <input type="checkbox"/> I feel devastated due to a recent shock <input type="checkbox"/> I am withdrawn due to traumatic events in my life <input type="checkbox"/> I have never recovered from loss or fright 	<ul style="list-style-type: none"> <input type="checkbox"/> I feel extreme mental or emotional heartache <input type="checkbox"/> I have reached the limits of my endurance <input type="checkbox"/> I am in complete despair, all hope gone <input type="checkbox"/> I get high-strung and very intense <input type="checkbox"/> I try to convince others of my way of thinking <input type="checkbox"/> I am sensitive to injustice, almost fanatical <input type="checkbox"/> I tend to take charge of projects, situations, etc. <input type="checkbox"/> I consider myself a natural leader <input type="checkbox"/> I am strong-willed, ambitious and often bossy <input type="checkbox"/> I am experiencing change in my life—a move, new job, etc. <input type="checkbox"/> I get drained by people or situations <input type="checkbox"/> I want to be free to follow my own ambitions <input type="checkbox"/> I give the impression that I'm aloof <input type="checkbox"/> I prefer to be alone when overwhelmed <input type="checkbox"/> I often don't connect with people <input type="checkbox"/> I am constantly thinking unwanted thoughts <input type="checkbox"/> I relive unhappy events or arguments over and over again <input type="checkbox"/> I am unable to sleep at times because I can't stop thinking <input type="checkbox"/> I can't find my path in life <input type="checkbox"/> I am drifting in life and lack direction 	<ul style="list-style-type: none"> <input type="checkbox"/> I am ambitious but don't know what to do <input type="checkbox"/> I am apathetic and resigned to whatever happens <input type="checkbox"/> I have the attitude, "It doesn't matter anyhow" <input type="checkbox"/> I feel no joy in life <input type="checkbox"/> I feel resentful and bitter <input type="checkbox"/> I have difficulty forgiving and forgetting <input type="checkbox"/> I think life is unfair and have a "Poor me attitude"
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