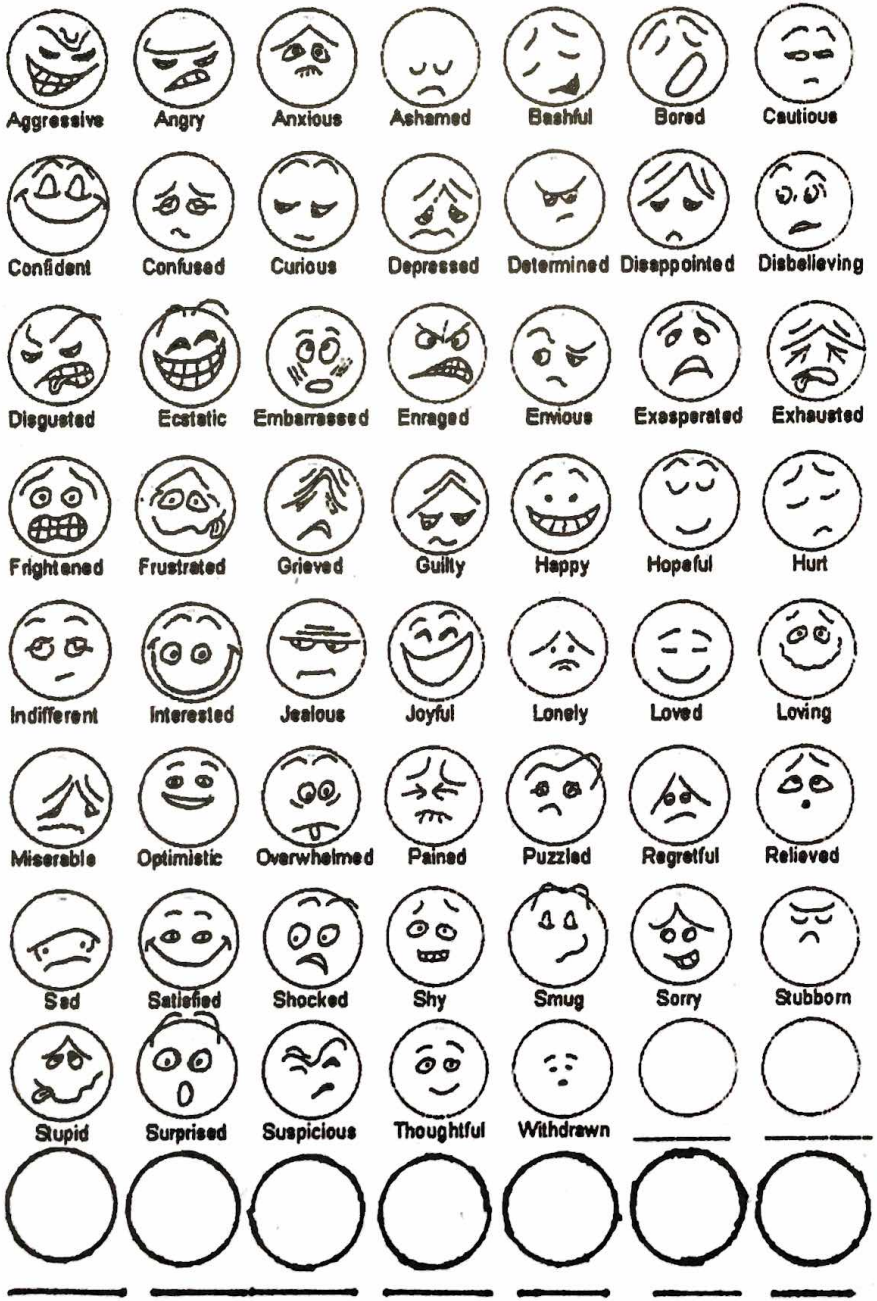
HOW DO I FEEL RIGHT NOW?



Date: _____

On a scale of 1-5, I feel ...

← Not at all Extremely →

1. Depressed
   (1) (2) (3) (4) (5)
2. Irritable
   (1) (2) (3) (4) (5)
3. Sad
   (1) (2) (3) (4) (5)
4. Lonely
   (1) (2) (3) (4) (5)
5. Optimistic
   (1) (2) (3) (4) (5)
6. Joyful
   (1) (2) (3) (4) (5)
7. Calm
   (1) (2) (3) (4) (5)
8. Other: _____
   (1) (2) (3) (4) (5)