



2245 Montgomery Dr., Ste.B1, Santa Rosa, CA 95405, Phone: 707-522-0446

**Self-Questionnaire**

Explore your level of stress, anxiety and depression

If you think about the past week, how did the following statements apply to you?

- |   |       |           |       |
|---|-------|-----------|-------|
| 1. I found myself getting upset by quite trivial things.      | Never | sometimes | often |
| 2. I couldn't seem to experience any positive feeling at all. | Never | sometimes | often |
| 3. I just couldn't seem to get going.                         | Never | sometimes | often |
| 4. I tended to overreact to situations.                       | Never | sometimes | often |
| 5. I had a feeling of shakiness.                              | Never | sometimes | often |
| 6. I found it difficult to relax.                             | Never | sometimes | often |
| 7. I felt that I had nothing to look forward to.              | Never | sometimes | often |
| 8. I found myself getting upset rather easily.                | Never | sometimes | often |
| 9. I felt that I had lost interest in just about everything.  | Never | sometimes | often |
| 10. I felt I wasn't worth much as a person.                   | Never | sometimes | often |
| 11. I felt that I was rather touchy.                          | Never | sometimes | often |



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If you think about the past week, how much did the following statements apply to you?

12. I felt scared without any good reason.

Never      sometimes      often

13. I felt that life wasn't worthwhile.

Never      sometimes      often

14. I couldn't seem to get any enjoyment out of the things I did.

Never      sometimes      often

15. I found that I was very irritable.

Never      sometimes      often

16. I felt I was close to panic.

Never      sometimes      often

17. I found it hard to calm down after something upset me.

Never      sometimes      often

18. I found it difficult to tolerate interruptions to what I was doing.

Never      sometimes      often

19. I was in a state of nervous tension.

Never      sometimes      often

20. I was worried about situations in which I might panic and make a fool of myself.

Never      sometimes      often

**Results:** If you marked "often" more than 4 times, looking for a therapist is highly recommended.



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***Psychotherapy***

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