



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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