

Name: _____ Date: _____ Date of Birth: _____

(For Office use Only **) Emotional Balancing Totals: _____**

Please number each statement from 1 to 3 depending on your agreement that the statement matches emotions and moods you are presently experiencing

(i.e. 1 = somewhat agree, 2 = agree, 3 = strongly agree). If a statement does not match a mood you are experiencing just leave it blank.

- | | |
|--|---|
| 1. ___ I hide my feelings behind a facade of cheerfulness | 10. ___ I am overly concerned with cleanliness |
| ___ I dislike arguments and often give in to avoid conflict | ___ I feel unclean or physically unattractive |
| ___ I turn to food, work, alcohol, drugs, etc. when down | ___ I tend to obsess over little things |
| 2. ___ I feel anxious without knowing why | 11. ___ I feel overwhelmed by my responsibilities |
| ___ I have a secret fear that something bad will happen | ___ I don't cope well under pressure |
| ___ I wake up feeling anxious | ___ I have temporarily lost my self-confidence |
| 3. ___ I get annoyed by the habits of others | 12. ___ I become discouraged with small setbacks |
| ___ I focus on others' mistakes | ___ I am easily disheartened when faced with difficulties |
| ___ I am critical and intolerant | ___ I am often skeptical and pessimistic |
| 4. ___ I often neglect my own needs to please | 13. ___ I feel hopeless, and can't see a way out |
| ___ I find it difficult to say "no" | ___ I lack faith that things could get better in my life |
| ___ I tend to be easily influenced | ___ I feel sullen and depressed |
| 5. ___ I constantly second-guess myself | 14. ___ I am obsessed with my own troubles |
| ___ I seek advice, mistrusting my own intuition | ___ I dislike being alone and I like to talk |
| ___ I often change my mind out of confusion | ___ I usually bring conversations back to myself |
| 6. ___ I'm afraid I might lose control of myself | 15. ___ I am suspicious of others |
| ___ I have sudden fits of rage | ___ I feel discontented and unhappy |
| ___ I feel like I'm going crazy | ___ I am full of jealousy, mistrust, or hate |
| 7. ___ I make the same mistakes over and over | 16. ___ I'm often homesick for the "way it was" |
| ___ I don't learn from my experience | ___ I think more about the past than the present |
| ___ I keep repeating the same patterns | ___ I often think about what might have been |
| 8. ___ I need to be needed and want my loved ones close | 17. ___ I often feel too tired to face the day ahead |
| ___ I feel unloved and unappreciated by my family | ___ I feel mentally exhausted |
| ___ I easily feel slighted and hurt | ___ I tend to put things off |
| 9. ___ I often feel spacey and absent minded | 18. ___ I find it hard to wait for things |
| ___ I find myself unable to concentrate for long | ___ I am impatient and irritable |
| ___ I get drowsy and sleep more than necessary | ___ I prefer to work alone |

19. I lack self-confidence
 I feel inferior and often become discouraged
 I never expect anything but failure
20. I am afraid of things such as spiders, illness, etc.
 I am shy, overly sensitive, and modest
 I get nervous and embarrassed
21. I get depressed without any reason
 I feel my moods swinging back and forth
 I get gloomy feelings that come and go
22. I tend to overwork and keep on in spite of exhaustion
 I have a strong sense of duty and never give up
 I neglect my own needs in order to complete a task
23. I feel completely exhausted, physically and/or mentally
 I am totally drained of all energy with no reserves left
 I have just been through a long period of illness or stress
24. I feel unworthy and inferior
 I often feel guilty
 I blame myself for everything that goes wrong
25. I am overly concerned and worried about my loved ones
 I am distressed and disturbed by other people's problems
 I worry that harm may come to those I love
26. I sometimes feel terror and panic
 I become helpless and frozen when afraid
 I suffer from nightmares
27. I set high standards for myself
 I am strict with my health, work &/or spiritual discipline
 I am very self-disciplined, always striving for perfection
28. I find it difficult to make decisions
 I often change my opinions
 I have intense mood swings
29. I feel devastated due to a recent shock
 I am withdrawn due to traumatic events in my life
 I have never recovered from loss or fright
30. I feel extreme mental or emotional heartache
 I have reached the limits of my endurance
 I am in complete despair, all hope gone
31. I get high-strung and very intense
 I try to convince others of my way of thinking
 I am sensitive to injustice, almost fanatical
32. I tend to take charge of projects, situations, etc.
 I consider myself a natural leader
 I am strong-willed, ambitious and often bossy
33. I am experiencing change in my life—a move, new job, ect
 I get drained by people or situations
 I want to be free to follow my own ambitions
34. I give the impression that I'm aloof
 I prefer to be alone when overwhelmed
 I often don't connect with people
35. I am constantly thinking unwanted thoughts
 I relive unhappy events or arguments over and over again
 I am unable to sleep at times because I can't stop thinking
36. I can't find my path in life
 I am drifting in life and lack direction
 I am ambitious but don't know what to do
37. I am apathetic and resigned to whatever happens
 I have the attitude, "It doesn't matter anyhow"
 I feel no joy in life
38. I feel resentful and bitter
 I have difficulty forgiving and forgetting
 I think life is unfair and have a "Poor me attitude"