

**Brief Mood Survey © Dr. David Burns MD    Robert Davies Counselling & Consulting Services**

Name \_\_\_\_\_ Date \_\_\_\_\_

*NB Use Two Different Colours of Pens to indicate **BEFORE SESSION** & **AFTER SESSION***

**Circle the numbers to indicate how strong your emotion is right now**

<i>Depression</i>	Not at All	Somewhat	Moderately	A Lot	Extremely
1. Sad or down in the dumps	0	1	2	3	4
2. Discouraged or hopeless	0	1	2	3	4
3. Low self esteem	0	1	2	3	4
4. Worthless or inadequate	0	1	2	3	4
5. Loss of pleasure or satisfaction with life	0	1	2	3	4
TOTAL					

***Suicidal***

1. Do you have any suicidal thoughts?	0	1	2	3	4
2. Would you like to end your life?	0	1	2	3	4
TOTAL					

***Anxiety***

1. Anxious	0	1	2	3	4
2. Frightened	0	1	2	3	4
3. Worrying about things	0	1	2	3	4
4. Tense or on edge	0	1	2	3	4
5. Nervous	0	1	2	3	4
TOTAL					

***Anger***

1. Frustrated	0	1	2	3	4
2. Annoyed	0	1	2	3	4
3. Resentful	0	1	2	3	4
4. Anger	0	1	2	3	4
5. Irritated	0	1	2	3	4
TOTAL					

Name \_\_\_\_\_ Date \_\_\_\_\_

***Temptations Test***Circle the numbers to indicate how strong your emotion is ***right now***.

<b><i>Temptations Test</i></b>	<b>Not at all true</b>	<b>Slightly true</b>	<b>Moderately true.</b>	<b>Very true</b>	<b>Completely true</b>
1. Sometimes I crave drugs or alcohol.	0	1	2	3	4
2. Sometimes I have the urge to use drugs or alcohol.	0	1	2	3	4
3. Sometimes I really want to use drugs or alcohol.	0	1	2	3	4
4. Sometimes it's really hard to resist the urge to use drugs or alcohol.	0	1	2	3	4
5. Sometimes I struggle with the temptation to use drugs or alcohol.	0	1	2	3	4
<b>TOTAL</b>					

***Happiness Test***

1. Happy and joyful	0	1	2	3	4
2. Hopeful and optimistic	0	1	2	3	4
3. Worthwhile, high-esteem	0	1	2	3	4
4. Motivated, productive	0	1	2	3	4
5. Pleased and satisfied with life	0	1	2	3	4
<b>TOTAL</b>					

***Relationship Satisfaction***

<b><i>Circle the number to show how satisfied or dissatisfied you feel in your <u>closest</u> personal relationship.</i></b>	<b>Dissatisfied</b>				<b>Satisfied</b>		
	<b>Very</b>		<b>Somewhat</b>	<b>Neutral</b>	<b>Somewhat</b>	<b>Moderately</b>	<b>Very</b>
1. Communication and openness	0	1	2	3	4	5	6
2. Resolving Conflicts and arguments	0	1	2	3	4	5	6
3. Degree of affection and caring	0	1	2	3	4	5	6
5. Intimacy and closeness	0	1	2	3	4	5	6
5. Overall Satisfaction	0	1	2	3	4	5	6
<b>TOTAL</b>							

