

Name: _____

Account: _____

Date: _____

Mood/Attitude Survey

Using the scale to the right please check the box that most closely corresponds to the questions below.

	Very Frequently	Often	Sometimes	Rarely	Never
I feel compromised by anxiety and nervousness					
I feel tense, stressed, or on edge					
Forgiving others is easy for me					
I have difficulty concentrating or I experience racing thoughts because too many things are happening at once					
The favorable outcomes of others are important to me					
I experience fear of physical illness, like heart attacks, cancer or dying					
I find myself with insufficient time to complete my work					
I have fears of criticism or disapproval					
With each new day, I look forward to working at life's challenges					
I experience pain, pressure or tightness in the chest.					
Nature, science, and/or art amaze me					
I experience headaches or pain in the neck or back					
My thoughts are often simple and uncongested					
I have high-pressure requirements or deadlines at work					
I enjoy compassionate relationships with others					
I experience feeling tired, weak or easily exhausted					
I am patient in my approaches to problem solving					
My family argues in a damaging way					
I am seriously concerned about my employment status					
I practice some form of deep relaxation at least three times per week (meditation, imagery, yoga, etc.)					
When my plans don't flow smoothly, I become anxious					
I worry about money					