

If you look back over the last week, including today, will help you how you have been feeling. Read each item carefully and mark the box under the category which best describes your current situation.

	Never	Rarely	Sometimes	Frequently	Almost Always
1. I get along well with others.					
2. I tire quickly.					
3. I feel no interest in things.					
4. I feel stressed at work/school.					
5. I blame myself for things.					
6. I feel irritated.					
7. I feel unhappy in my relationship.					
8. I have thoughts of ending my life.					
9. I am a happy person.					
10. I feel worthless.					
11. I am concerned about family troubles.					
12. I have an unfulfilling sex life.					
13. I feel lonely.					
14. I have difficulty in concentrating.					
15. I feel hopeless about the future.					
16. I like myself.					
17. Disturbing thoughts come into my mind that I cannot get rid of.					
18. I feel annoyed by people who criticize my drinking (or drug use). (if not applicable, mark "never.")					
19. I am not working/studying as well as I used to.					
20. I have trouble getting along with friends.					
21. I feel that something bad is going to happen.					
22. I am afraid to open spaces, or driving, or being on buses, and so forth.					
23. I have trouble falling asleep or staying asleep.					
24. I feel angry.					