

## How did you feel lately??

Please fill out your first name.....

And your date of birth .....

And whether you are a boy or a girl.....

On the next pages, you will find some short sentences. Every sentence is a statement about how you have felt lately. You can mark at each sentence if you have felt this never, sometimes or often. Choose the answer that best fits you. There are no right or wrong answers, because it is just about what you think!

For example the sentence: “I feel happy”.

If you *often* feel happy, you mark “often” :

**never** **sometimes** **often**  
I    feel happy

But if you *never* feel happy, you mark “never” :

**never** **sometimes** **often**  
I    feel happy

And if you *sometimes* feel happy then .....

**never** **sometimes** **often**  
I    feel happy

**Watch out: never mark two answers, always choose the one that best fits you.**

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# How did you feel the last 4 weeks????

1. I  never  sometimes  often **feel scared**

2. I  never  sometimes  often **feel happy**

3. I  never  sometimes  often **feel furious**

4. I  never  sometimes  often **feel sad**

5. I  never  sometimes  often **feel excited**

6. I  never  sometimes  often **feel angry**

7. I  never  sometimes  often **feel unhappy**

8. I  never  sometimes  often **feel glad**

9. I  never  sometimes  often **feel cross**

10. I  never  sometimes  often **feel miserable**

11. I  never  sometimes  often **feel afraid**

12. I  never  sometimes  often **feel cheerful**

13. I  never  sometimes  often **feel calm**

14. I  never  sometimes  often **feel mad**

15. I  never  sometimes  often **feel pleased**

16. I  never  sometimes  often **feel down in the dumps**

17. I  never  sometimes  often **feel content**

18. I  never  sometimes  often **feel anxious**

19. I  never  sometimes  often **feel joyful**

20. I  never  sometimes  often **feel frightened**