

Name _____ Session No. _____ Date _____

1. I feel happy - things are going really well for me.

Not happy
at all



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



Very
happy

2. I feel angry - I feel like punching someone or something.

Not angry
at all



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



Very
angry

3. I feel lonely - I have no one to talk to or to play with.

Not lonely
at all



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



Very
lonely

4. I feel worried - I worry that bad things will happen.

Not worried
at all



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



Very
worried

5. I feel confident to try out new work or activities.

Not confident
at all



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



Very
confident

6. I feel that life is unfair; and things always go wrong for me.

Not at all
unfair



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



Very
unfair

7. I feel different to others - I feel like I don't fit in.

Not
different
at all



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



Very
different
to others

8. I feel sad - I feel more like crying than laughing.

Not sad
at all



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



Very
sad

9. I feel good about myself - I like being me

I do not feel
good about
being me



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



I feel
very good
being me

10. I feel excited - I look forward to activities with friends and family

Not
excited
at all



1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7



Very
excited

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