

Do you feel or experience any of the following? Please circle those which apply in the last 3 months.

I don't know. u

I am not aware. u

I don't understand. u

I don't feel anything. u

Am I going to make it? s

I can't make it. s

How will I survive? s

It is difficult to endure. s

I'm not good enough. a

I don't feel like it. a

I can't do it. a

What is the use? a

No one understands. g

There is nothing I can do. g

I feel very sad. g

It has always been missing. g

What if it doesn't work? fr

I've got to have it. fr

What is going to happen to me? fr

I worry about everything. fr

I won't! an

You can't make me! an

I'll get even! an

I hate that! an

Why did you do that to me? p

It hurts too much. p

I can't bear it any more. p

The misery seems endless. p

I can't let go. lg

I must be in control. lg

I've got to let go. lg

I'm out of control. lg

I feel very sensitive about...fg

You hurt me ten years ago...fg

I'll never forget what you did...fg

That was inexcusable! fg

I am

I see

I will

I feel

I love

I can

I do

I have

I know

I choose

I create

I enjoy