

Brief Mood Survey

Instructions. Put today's date in one of the columns to the right. Then put your score on each item in the boxes below the date, based on how you've been feeling recently. Total your score in the box at the bottom. Please answer all of the items.	Put Today's Date Here							
Score each item like this: 0 = Not at all; 1 = Somewhat; 2 = Moderately; 3 = A lot; 4 = Extremely								

Anxious Feelings

1. Anxious								
2. Nervous								
3. Worried								
4. Frightened or apprehensive								
5. Tense or on edge								
Total for today →								

Anxious Physical Symptoms

1. Skipping, racing, or pounding of the heart								
2. Sweating, chills, or hot flushes								
3. Trembling or shaking								
4. Feeling short of breath or difficulty breathing								
5. Feeling like you're choking								
6. Pain or tightness in the chest								
7. Butterflies, nausea, or upset stomach								
8. Feeling dizzy, light-headed, or off-balance								
9. Feeling like you're unreal or the world is unreal								
10. Numbness or tingling sensations								
Total for today →								

Depression

1. Sad or down in the dumps								
2. Discouraged or hopeless								
3. Low self-esteem								
4. Worthless or inadequate								
5. Loss of pleasure or satisfaction in life								
Total for today →								

Suicidal Urges

1. Do you have any suicidal thoughts?								
2. Would you like to end your life?								
Total for today →								

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Table of Contents David Burns Brief Mood Survey

1. Understanding the eBook David Burns Brief Mood Survey
 - The Rise of Digital Reading David Burns Brief Mood Survey
 - Advantages of eBooks Over Traditional Books
2. Identifying David Burns Brief Mood Survey
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an David Burns Brief Mood Survey
 - User-Friendly Interface
4. Exploring eBook Recommendations from David Burns Brief Mood Survey
 - Personalized Recommendations
 - David Burns Brief Mood Survey User Reviews and Ratings
 - David Burns Brief Mood Survey and Bestseller Lists

5. Accessing David Burns Brief Mood Survey Free and Paid eBooks
 - David Burns Brief Mood Survey Public Domain eBooks
 - David Burns Brief Mood Survey eBook Subscription Services
 - David Burns Brief Mood Survey Budget-Friendly Options
6. Navigating David Burns Brief Mood Survey eBook Formats
 - ePub, PDF, MOBI, and More
 - David Burns Brief Mood Survey Compatibility with Devices
 - David Burns Brief Mood Survey Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of David Burns Brief Mood Survey
 - Highlighting and Note-Taking David Burns Brief Mood Survey
 - Interactive Elements David Burns Brief Mood Survey
8. Staying Engaged with David Burns Brief Mood Survey
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers David Burns Brief Mood Survey
9. Balancing eBooks and Physical Books David Burns Brief Mood Survey
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection David Burns Brief Mood Survey
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine David Burns Brief Mood Survey
 - Setting Reading Goals David Burns Brief Mood Survey
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of David Burns Brief Mood Survey
 - Fact-Checking eBook Content of David Burns Brief Mood Survey
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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