

Low to High
1 to 10
intensity
* as applies *

I FEEL...

LOST

SCARED

ANGRY

CONFUSED

SAD

DEPRESSED

HOPELESS

GUILTY

RELIEVED

SUICIDAL

LIKE A FAILURE

INFERIOR

OVERWHELMED

HATEFUL

VINDICTIVE

RAGE

FEAR

A LOSS

ABANDONED

BETRAYED

HAPPY

USED

ABUSED

SHAME

SELF-DESTRUCTIVE

OTHER: _____