



Emotional Questionnaire

Name: _____

Date: _____

Which of the following have you been unhappy or stressed about and for how long?
(Please rate the amount of stress [1 low - 10 high] in the provided space)

How Long	Stress Rate	WORK	How Long	Stress Rate	FAMILY
		stressed from managers			in-laws
		other employees			spouse
		work atmosphere			children
		amount of earnings			parents
		change of responsibility			close friends
		too many responsibilities			other relationships
		insecure future			not having children
		too much work			sexual difficulties
		lack of work			pregnancy
		work hours			divorce
		financial			had abortion
		lack of organization			lack of intimacy/romance
		lack of fulfillment			other:
		nature of work			
		other:			

How Long	Stress Rate	GENERAL	How Long	Stress Rate	FINANCIAL
		lawsuit			home
		moving to a new area			car
		accidents			investments
		lack of discipline			payments
		world events			loans (mortgage)
		political issues			loans (school debt)
		trust issues			credit card debt
		let down			loss of money
		not feeling recognized			other:
		other:			

Which of the following do you currently and predominantly experience in your life?

1. Anger	19. Jealousy
2. Apathy	20. Let down by others
3. Childhood abuse issues	21. Low esteem
4. Disappointment	22. Loss
5. Discontent	23. Loss of control
6. Despondency	24. Loss of focus
7. Discouraged easily	25. Melancholy
8. Dissatisfaction	26. Not getting what you deserve
9. Fear	27. Not good enough
10. Feeling stuck	28. Rejection
11. Frustration	29. Restlessness
12. Easily offended	30. Sadness
13. Grief	31. Shyness
14. Guilt	32. Unloved
15. Hate	33. Victimized
16. Heartache	34. Why me
17. Despair	35. Worthlessness
18. Indifference	

Is something bothering you, burdening your heart, or are you struggling with something which you have not indicated above?

Do you feel accepted and acknowledged? Yes No Please explain: _____

Do you feel fulfilled? Yes No Please explain: _____

Is there a goal you are working towards in your life: Yes No Please explain: _____

Thank you for taking the time to work through this questionnaire.