



## General Profile II

Rate the following on a scale of 0 to 3 in terms of how much of a problem it is in your life.  
0 = does not apply, 1 = mild, 2 = moderate, 3 = severe

- |         |  |
|---------|--|
| 0 1 2 3 | Mood swings                            |
| 0 1 2 3 | Weight gain                            |
| 0 1 2 3 | Weight loss                            |
| 0 1 2 3 | Sleep difficulties                     |
| 0 1 2 3 | Crying episodes                        |
| 0 1 2 3 | Feelings of vulnerability              |
| 0 1 2 3 | Fatigue                                |
| 0 1 2 3 | Forgetfulness                          |
| 0 1 2 3 | Confusion                              |
| 0 1 2 3 | Distractibility                        |
| 0 1 2 3 | Short temper                           |
| 0 1 2 3 | Anxiety                                |
| 0 1 2 3 | Depression                             |
| 0 1 2 3 | Feeling overwhelmed                    |
| 0 1 2 3 | Apathy, lack of interest in activities |
| 0 1 2 3 | Disinterest in sex                     |
| 0 1 2 3 | Conflict concerning sex                |
| 0 1 2 3 | Lack of interested sex partner         |
| 0 1 2 3 | Physical discomfort during sex         |
| 0 1 2 3 | Difficulty communicating about sex     |
| 0 1 2 3 | Unresponsive to sex                    |
| 0 1 2 3 | Low libido                             |
| 0 1 2 3 | Immune deficiency (get sick often)     |
| 0 1 2 3 | Feeling stressed                       |
| 0 1 2 3 | Periods of sadness                     |
| 0 1 2 3 | Loneliness                             |
| 0 1 2 3 | Angry outbursts                        |
| 0 1 2 3 | Low energy                             |
| 0 1 2 3 | Angry thoughts                         |
| 0 1 2 3 | Angry voice                            |
| 0 1 2 3 | Irritability                           |
| 0 1 2 3 | Shutting down                          |
| 0 1 2 3 | Withdrawing from others                |
| 0 1 2 3 | Impatience with self                   |
| 0 1 2 3 | Impatience with others                 |
| 0 1 2 3 | Elevated blood pressure                |
| 0 1 2 3 | Headaches                              |
| 0 1 2 3 | Fear of failure                        |
| 0 1 2 3 | Thoughts of failure                    |
| 0 1 2 3 | Uncooperative partner                  |
| 0 1 2 3 | Work pressure                          |
| 0 1 2 3 | Financial pressure                     |

## Lifestyle Scale I

Answer true (T) if the statement applies to you at least some of the time, and false (F) if it rarely or never applies to you.

- |   |   |   |
|---|---|---|
| T | F | 1. I have little interest in outside activities.                  |
| T | F | 2. I have difficulty concentrating                                |
| T | F | 3. I forget easily.   |
| T | F | 4. I have difficulty making decisions.                            |
| T | F | 5. I am performing well below my ability.                         |
| T | F | 6. I have problems associated with sleep.                         |
| T | F | 7. I feel distant from my family members.                         |
| T | F | 8. I overreact to normal sadness.                                 |
| T | F | 9. I know people love me, but I can't feel it.                    |
| T | F | 10. It takes a lot of energy for me to be around people.          |
| T | F | 11. Work holds little enjoyment for me.                           |
| T | F | 12. My energy is low.   |
| T | F | 13. I cry easily.   |
| T | F | 14. I often feel sad.   |
| T | F | 15. I have little motivation.                                     |
| T | F | 16. It takes a lot of effort to get through the day.              |
| T | F | 17. I wake up dreading the day.                                   |
| T | F | 18. I often feel irritable.                                       |
| T | F | 19. I crave sweets.   |
| T | F | 20. I sleep a lot.  |
| T | F | 21. I am tired much of the time.                                  |
| T | F | 22. I often think about my past failings.                         |
| T | F | 23. I have a very short temper.                                   |
| T | F | 24. I hate feeling the way I feel much of the time.               |
| T | F | 25. I am not making good decisions about my life at this time.    |
| T | F | 26. Remembering details is hard for me.                           |
| T | F | 27. I have difficulty asking for help.                            |
| T | F | 28. I can feel guilt easily and often.                            |
| T | F | 29. My interest in sex has diminished.                            |
| T | F | 30. I have little interest in sex.                                |
| T | F | 31. At times i think I'd be better off dead.                      |
| T | F | 32. I feel hopeless.  |
| T | F | 33. I often feel worthless.                                       |
| T | F | 34. I don't know how much longer I can go on suffering like this. |
| T | F | 35. I just don't care anymore.                                    |
| T | F | 36. I'd rather be dead than feel like I feel.                     |
| T | F | 37. I have thought of suicide.                                    |
| T | F | 38. I have a clear picture of how I would commit suicide.         |
| T | F | 39. Unless things get better, I am planning to commit suicide.    |

## Lifestyle Scale II

Answer true (T) if the statement applies to you at least some of the time, and false (F) if it rarely or never applies to you.

- |   |   |  |
|---|---|--|
| T | F | 1. I am a worrier.   |
| T | F | 2. My body feels uptight.  |
| T | F | 3. It's hard for me to sit still for long.                                 |
| T | F | 4. My mind goes a "mile a minute."   |
| T | F | 5. I get impatient with people slower than I.                              |
| T | F | 6. When something unusual happens, I tend to think the worst.              |
| T | F | 7. I feel uncomfortable in new situations.                                 |
| T | F | 8. People have a hard time keeping up with me.                             |
| T | F | 9. My breathing is quick and shallow.                                      |
| T | F | 10. I startle easily.  |
| T | F | 11. I finish other people's sentences.                                     |
| T | F | 12. It's difficult for me to relax.  |
| T | F | 13. I often feel overwhelmed.  |
| T | F | 14. When I get criticized, I shut down.                                    |
| T | F | 15. At times I get so worried that I avoid doing what I should.            |
| T | F | 16. I avoid tasks that make me anxious.                                    |
| T | F | 17. I worry about things unnecessarily.                                    |
| T | F | 18. When I am under pressure, I can't think clearly.                       |
| T | F | 19. I find it hard to concentrate for long.                                |
| T | F | 20. I interrupt people.  |
| T | F | 21. I pick up nuances others seem to miss.                                 |
| T | F | 22. I get anxious in traffic.  |
| T | F | 23. I have experienced at least one panic attack.                          |
| T | F | 24. Things don't seem to bother other people like they do me.              |
| T | F | 25. I am known to predict the worst.                                       |
| T | F | 26. At times I get so anxious that I tremble.                              |
| T | F | 27. Conflict makes me anxious.   |
| T | F | 28. I can easily give up my position to avoid conflict.                    |
| T | F | 29. I experience body soreness.  |
| T | F | 30. I have tension headaches.  |
| T | F | 31. I feel like my work is never done.                                     |
| T | F | 32. At times I stay home to avoid being overloaded.                        |
| T | F | 33. The least little thing sometimes bothers me.                           |
| T | F | 34. I seem to have more problems than other people.                        |
| T | F | 35. Social situations often make me anxious.                               |
| T | F | 36. I don't feel comfortable in large crowds.                              |
| T | F | 37. Everyday activities seem to overwhelm me.                              |
| T | F | 38. At times I hate myself.  |
| T | F | 39. I forget important events.   |
| T | F | 40. I miss out on many of life's activities because of my anxiety or fear. |

## Career Assessment Inventory

Answer true (T) if the statement applies to you most of the time, and false (F) if it rarely or never applies to you.

- |   |   |  |
|---|---|--|
| T | F | 1. I am happy in my work.  |
| T | F | 2. I feel like work is in balance with the rest of my life.            |
| T | F | 3. I feel appreciated at work.   |
| T | F | 4. I am stimulated by my work.   |
| T | F | 5. My talents are recognized at work.                                  |
| T | F | 6. I feel challenged by my work in a healthy way.                      |
| T | F | 7. I work in a healthy environment.                                    |
| T | F | 8. I am satisfied with the money I get from my work.                   |
| T | F | 9. I feel confident that I am in the right job/career.                 |
| T | F | 10. Most days I look forward to going to work.                         |
| T | F | 11. My family and friends support my work.                             |
| T | F | 12. My work gives me a sense of achievement.                           |
| T | F | 13. I am good at separating the issues of work from my home life.      |
| T | F | 14. At the end of the day I have energy left over after work.          |
| T | F | 15. I feel like I am doing the job that suits me best.                 |
| T | F | 16. I feel respected in my work.                                       |
| T | F | 17. I work with positive people.                                       |
| T | F | 18. I feel like I get as much as I give at work.                       |
| T | F | 19. I would be happy doing my present job for the rest of my life.     |
| T | F | 20. I am satisfied with the amount of energy my job takes.             |
| T | F | 21. My family respects my work.  |
| T | F | 22. I feel like my work is productive.                                 |
| T | F | 23. My work environment is fair.                                       |
| T | F | 24. The rules and expectations are clear and fair at work.             |
| T | F | 25. The physical environment of work is comfortable and pleasant.      |
| T | F | 26. I work with people I admire.                                       |
| T | F | 27. Communication is clear at work.                                    |
| T | F | 28. Expectations are clear and fair at work.                           |
| T | F | 29. I feel competent at work.  |
| T | F | 30. I feel like an expert at work.                                     |
| T | F | 31. I am always learning new ways to improve my work.                  |
| T | F | 32. My work has a variety of activities, which keep me interested.     |
| T | F | 33. I am proud of the work I do.                                       |
| T | F | 34. I feel that I have ample time to complete my work.                 |
| T | F | 35. Most of the time I feel caught up (i.e., not behind) at work.      |
| T | F | 36. I am in need of a change at work.                                  |
| T | F | 37. I avoid work whenever possible.                                    |
| T | F | 38. I feel like work takes away precious time and energy from my life. |
| T | F | 39. Work makes my life more difficult.                                 |
| T | F | 40. Work is having a detrimental effect on the rest of my life.        |