Below are some statements about feelings and thoughts.

Please, tick the box that best describes your experience of each over the last two weeks

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Statements** | **None of the time** | **Rarely** | **Some of the time** | **Often** | **Al of the time** |
| 8. I’ve be feeling optimistic about the future |  |  |  |  |  |
| 9. I’ve been feeling useful |  |  |  |  |  |
| 10. I’ve been feeling relaxed |  |  |  |  |  |
| 11. I’ve been dealing with problems well |  |  |  |  |  |
| 12. I’ve been thinking cleary |  |  |  |  |  |
| 13. I’ve been feeling close to the other people |  |  |  |  |  |
| 14. I’ve been able to make up my own mind about things |  |  |  |  |  |

Prompt cards

|  |  |  |
| --- | --- | --- |
| **None of the time** | **Rarely** | **Some of the time** |
| **Often** | **All of the time** | **Don’t know** |