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Life Coaching I Hypnotherapy

Name: _____ Date: _____

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you *over the past week*. There is no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of time
- 3 Applied to me very much, or most of the time

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| 1. I found it hard to wind down | 0 1 2 3 |
| 2. I was aware of dryness of my mouth | 0 1 2 3 |
| 3. I couldn't seem to experience any positive feeling at all | 0 1 2 3 |
| 4. I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion) | 0 1 2 3 |
| 5. I found it difficult to work up the initiative to do things | 0 1 2 3 |
| 6. I tended to over-react to situations | 0 1 2 3 |
| 7. I experienced trembling (eg, in the hands) | 0 1 2 3 |
| 8. I felt that I was using a lot of nervous energy | 0 1 2 3 |
| 9. I was worried about situations in which I might panic and make a fool of myself | 0 1 2 3 |
| 10. I felt that I had nothing to look forward to | 0 1 2 3 |
| 11. I found myself getting agitated | 0 1 2 3 |
| 12. I found it difficult to relax | 0 1 2 3 |
| 13. I felt down-hearted and blue | 0 1 2 3 |
| 14. I was intolerant of anything that kept me from getting on with what I was doing | 0 1 2 3 |
| 15. I felt I was close to panic | 0 1 2 3 |
| 16. I was unable to become enthusiastic about anything | 0 1 2 3 |
| 17. I felt I wasn't worth much as a person | 0 1 2 3 |
| 18. I felt that I was rather touchy | 0 1 2 3 |
| 19. I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat) | 0 1 2 3 |
| 20. I felt scared without any good reason | 0 1 2 3 |
| 21. I felt that life was meaningless | 0 1 2 3 |