



Name: _____ Date: _____

Generalized Anxiety Disorder Questionnaire (GAD-7)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

1. Feeling nervous, anxious or on edge? Not at all
 Several days
 More than half the days
 Nearly every day

2. Not being able to stop or control worrying? Not at all
 Several days
 More than half the days
 Nearly every day

3. Worrying too much about different things? Not at all
 Several days
 More than half the days
 Nearly every day

4. Trouble relaxing? Not at all
 Several days
 More than half the days
 Nearly every day

5. Being so restless that it is hard to sit still? Not at all
 Several days
 More than half the days
 Nearly every day

6. Becoming easily annoyed or irritable? Not at all
 Several days
 More than half the days
 Nearly every day

7. Feeling afraid as if something awful might happen? Not at all
 Several days
 More than half the days
 Nearly every day

The GAD-7 score is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of 'not at all', 'several days', 'more than half the days', and 'nearly every day', respectively, and adding together the scores for the seven questions.

TOTAL SCORE

- | | |
|----------|-------------------------|
| 0 Points | Not at all |
| 1 Point | Several days |
| 2 Points | More than half the days |
| 3 Points | Nearly every day |

Desiderata

by Max Ehrmann

Go placidly amid the noise and the haste,
and remember what peace there may be in silence.

As far as possible without surrender
be on good terms with all persons.

Speak your truth quietly and clearly;
and listen to others,
even to the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexatious to the spirit.
If you compare yourself with others,
you may become vain or bitter,
for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.
Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs,
for the world is full of trickery.
But let this not blind you to what virtue there is;
many persons strive for high ideals,
and everywhere life is full of heroism.

Be yourself.
Especially do not feign affection.

Neither be cynical about love;
for in the face of all aridity and disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline,
be gentle with yourself.

You are a child of the universe
no less than the trees and the stars;
you have a right to be here.

And whether or not it is clear to you,
no doubt the universe is unfolding as it should.

Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labors and aspirations,
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.

Be cheerful.

Strive to be happy.

The Restructure Group Satisfaction Survey

1. Overall, how satisfied are you with the support group?

Very satisfied

Satisfied

Neutral

Dissatisfied

Very dissatisfied

2. To what extent do you feel supported in this group?

Very supported

Somewhat supported

Neutral

Not very supported

Not supported at all

3. How helpful do you find the topics and discussions?

Very helpful

Somewhat helpful

Neutral

Not very helpful

Not helpful at all

4. Do you feel the group is a safe and non-judgmental space?

Yes, always

Most of the time

Sometimes

Rarely

The Restructure Group Satisfaction Survey

No, not at all

5. How would you rate the group facilitator(s)?

Excellent

Good

Fair

Poor

Very poor

Optional: Please explain your answer:

6. Would you recommend this group to someone struggling with anxiety?

Yes

No

Not sure

7. Any additional comments, suggestions, or feedback?