

# Cognit Electronic Health Record

User Id: 10033

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Date Time: 11/3/2020@10:46:43

Quiz Title: 0.00.0 Self-Assessment and Journal

Quiz Average: 25.2

## 1. Select your current energy level.

User Answer (1=No Energy, 2=Extremely Low, 3=Very Low, 4=Low, 5=Neutral, 6=Moderate, 7=High, 8=Very High, 9=Extremely High, 10=Uncontrollably High)
Moderate (6)
<b>Average Score: 6</b>

## 2. Select your current level of functioning.

User Answer (1=Nearly Asleep, 2=Relaxed, 3=Focused, 4=Focused and Active, 5=Functioning Well, 6=Functioning with Effort, 7=Difficulty Functioning, 8=Driven / Defensive, 9=Overreacting, 10=Out of Control)
Driven / Defensive (8)
<b>Average Score: 8</b>

## 3. Please rate your current level from 0 for none to 9 for extreme.

User Answer (1=None, 2=Minimal, 3=Minimal, 4=Mild, 5=Mild, 6=Mild, 7=Moderate, 8=Moderate, 9=Extreme, 10=Extreme)	
Frustration	Mild (5)
Numb	Mild (5)
Denial	Mild (6)
Pain	Moderate (8)
Guilt or Shame	Mild (4)
Fear	Extreme (9)
Anger	Moderate (7)
Stress	Extreme (10)
Anxiety	Extreme (10)
Depression	Mild (6)
Difficulty Sleeping	Minimal (2)
Financial Concerns	Extreme (10)
<b>Average Score</b>	<b>8.2</b>

## 4. Please complete your journal. Write about anything that comes to mind.

User Answer
I am forced to move and lost all equity in my home. I fear being homeless. I keep praying but it is not in my timing. I am worried about my physical and mental health.
<b>Average Score: 1</b>

## 5. List something you are grateful for.

User Answer
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My son getting well. Strength, courage and hope.

**Average Score: 1**

**6. Set a simple goal for the day. Eg. smile, stay positive, eat well, etc..**

User Answer

Keep going, Keep praying. Keep hoping,

**Average Score: 1**