EMOTIONAL HEALTH TRACKING FORM

Rate each item according to how you feel right now.

1) **RATE YOUR PSYCHOLOGICAL PAIN** (hurt, anguish, or misery in your mind, not stress, not physical pain):

Low pain: 1 2 3 4 5 6 7 8 9 10 High pain

2) **RATE YOUR STRESS** (general feeling of being pressured or overwhelmed):

Low stress: 1 2 3 4 5 6 7 8 9 10 High stress

3) **RATE YOUR LEVEL OF ANXIETY** (worry, fretfulness, jitteriness):

Low anxiety: 1 2 3 4 5 6 7 8 9 10 High anxiety

4) **RATE YOUR SENSE OF HOPELESSNESS** (sense that things will not get better no matter what you do):

Low hopelessness: 1 2 3 4 5 6 7 8 9 10 High hopelessness

5) **RATE YOUR LEVEL OF SELF-HATE** (general feeling of disliking yourself; having no self-esteem; having no self-respect):

Low self-hate: 1 2 3 4 5 6 7 8 9 10 High self-hate

6) **RATE THE LEVEL OF DANGER YOU PERCEIVE YOURSELF TO BE IN** (such as abusive situations):

Low danger: 1 2 3 4 5 6 7 8 9 10 High danger

7) **RATE HOW OFTEN YOU HAVE THOUGHTS OF ENDING YOUR LIFE:**

Never: 1 2 3 4 5 6 7 8 9 10 Always

8) **RATE YOUR OVERALL RISK OF SUICIDE**:

Extremely low risk: (will not kill self) **1 2 3 4 5 6 7 8 9 10 Extremely high risk** (will kill self)

9) **RATE HOW OFTEN YOU HAVE THOUGHTS OF HARMING OTHERS:**

Never: 1 2 3 4 5 6 7 8 9 10 Always

10) **RATE YOUR OVERALL RISK OF HARMING OTHERS:**

Extremely low risk: (will not harm others) **1 2 3 4 5 6 7 8 9 10 Extremely high risk** (will harm others)