

Please rate by circling 1-5 on how it applies to you at this time (0 not at all - 5 very much)

I struggle being a good spouse

0 1 2 3 4 5

I struggle sexually in my marriage

0 1 2 3 4 5

I struggle as a parent

0 1 2 3 4 5

I struggle doing daily tasks

0 1 2 3 4 5

I struggle going to work

0 1 2 3 4 5

I struggle with anger

0 1 2 3 4 5

I struggle with bitterness

0 1 2 3 4 5

I struggle with forgiving

0 1 2 3 4 5

I struggle with events from my past

0 1 2 3 4 5

I fear rejection

0 1 2 3 4 5

I have low self-esteem

0 1 2 3 4 5

I struggle making friends

0 1 2 3 4 5

I feel anxious

0 1 2 3 4 5

I am irritable often

0 1 2 3 4 5

I feel lonely

0 1 2 3 4 5

I feel overwhelmed

0 1 2 3 4 5

I have negative thoughts constantly

0 1 2 3 4 5

I am not happy with my current circumstances

0 1 2 3 4 5

I am tired all of the time

0 1 2 3 4 5

I am sad all of the time

0 1 2 3 4 5

My life has no meaning

0 1 2 3 4 5

I have suicidal thoughts

0 1 2 3 4 5

I feel depressed/hopeless

0 1 2 3 4 5

I cry often

0 1 2 3 4 5

I am hopeless for the future

0 1 2 3 4 5

I feel worthless

0 1 2 3 4 5

I am dealing with grief/loss

0 1 2 3 4 5

I am in a life transition

0 1 2 3 4 5

I struggle financially

0 1 2 3 4 5

I tend to isolate

0 1 2 3 4 5

I have trouble sleeping

0 1 2 3 4 5

I struggle being active

0 1 2 3 4 5

I eat to make myself feel better

0 1 2 3 4 5

I drink alcohol regularly

0 1 2 3 4 5

I use illegal drugs

0 1 2 3 4 5

I feel God is punishing me

0 1 2 3 4 5

I am troubled by my sin

0 1 2 3 4 5

I am physically active

0 1 2 3 4 5

I am confident in my religious beliefs

0 1 2 3 4 5

I am a joyful person

0 1 2 3 4 5

I have several Christian friends

0 1 2 3 4 5

I read my Bible often

0 1 2 3 4 5

I have a strong prayer life

0 1 2 3 4 5

Jesus is important to me

0 1 2 3 4 5

I am actively serving in my church

0 1 2 3 4 5

I do book/bible studies with others

0 1 2 3 4 5

I attend church regularly

0 1 2 3 4 5

Attending church helps me

0 1 2 3 4 5

I read a daily devotional

0 1 2 3 4 5

I listen to podcasts regularly

0 1 2 3 4 5

I enjoy worship music

0 1 2 3 4 5

I am involved in a community group

0 1 2 3 4 5

I am currently taking depression medication

0 1 2 3 4 5

I am currently taking anxiety medication

0 1 2 3 4 5