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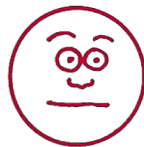
A Questionnaire about You and How You Are Feeling

You filled in a questionnaire before you started therapy. This is a follow-up questionnaire that will help us see if anything has changed since you started therapy. Please answer all the questions below and remember there are no right or wrong answers.

1. This is what you said you were most worried about last time we asked. Please write in the box below (add drawings if you want to).

2. How much has it affected you over the last week?

Please tick one box below.



0

1

2

3

4

Not at all



Very much

3. This is what you said was hard to do because of the problem.

Please write in the box below (add drawings if you want to).






4. How hard has it been to do this thing over the last week?

Please tick one box below.

0	<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	<input type="checkbox"/>	
Not at all hard										Very hard	
											

5. How have you felt this last week?

Please tick one box below.






											
0	<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	<input type="checkbox"/>	
Very good										Very bad	

6. Now that you are having therapy, you may find other problems have come up. If this has happened to you, please tell us what you are most worried about now or leave blank if you have no new worries.

Please write in the box below (add drawings if you want to).



7. How much has the new thing you're worried about affected you over the last week?

Please tick one box below.

				
0	1	2	3	4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all			Very much	

8. Compared to when you started therapy, how do you feel now?

Please tick one box below

0	1	2	3	4	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Much better				Much worse	
					

Please use this space for any other comments/drawings or doodles

Thank you

