WHEN YOU THINK ABOUT IT NOW…

Name:_____Date:_____

How bad is the feeling?

On a scale of 0-10, 0 is not bad feeling, up to 10, the worst feeling. Circle a number to show how much bad feeling there is right now, when you think about the event.

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
(no bad feeling)……..……(the worst feeling)

True or false?

On a scale of 1-7, 1 is all the way false, up to 7, all the way true. Circle a number to show how true each statement feels **right now**, when you thing about the event.

It was my fault..... (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)

I feel helpless..... (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)

I'll never get over it..... (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)

I'm a good person ..... (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)

I did my best ..... (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)

I'm okay now..... (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)