**SADNESS & DEPRESSION Pre-Test**

1. On a normal day, I \_\_\_\_\_\_\_\_ feel sad.

Always Usually Sometimes Rarely Never

1. If I was feeling sad, I would feel comfortable talking to someone about it.

YES NO MAYBE

1. List 3 types of people you could speak with for help if feeling sad:
   * + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
     + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. I know the difference between feeling sad & being depressed.

YES NO SOMETIMES NOT SURE

1. When I am sad, it negatively affects my relationships with family & friends.

Always Usually Sometimes Rarely Never

1. I am stressed out on a daily basis.

Always Usually Sometimes Rarely Never

1. List 3 types of positive self-care methods I can use to reduce stress & feel happier:
   * + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
     + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
     + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. When a family member or friend gives me a compliment or says something positive about me, I feel (circle the appropriate number between 1 & 7):

1 2 3 4 5 6 7

(sad) (indifferent) (happy)