



Emotional Inventory

Date:

Item	Do you agree with each statement...	Never (1)	Seldom (2)	Sometimes (3)	Often (4)
1	I feel unforgiving.				
2	I feel anxiety.				
3	I feel anger.				
4	I feel not good enough.				
5	I feel like giving up.				
6	I feel helpless.				
7	I feel too sensitive.				
8	I feel fearful.				
9	I feel unloved.				
10	I feel indecisive.				
11	I feel joyless.				
12	I feel unacknowledged.				
13	I feel unworthy.				
14	I feel shame.				
15	I feel abandoned.				
16	I feel resentment.				
17	I feel disappointed.				
18	I feel lonely.				
19	I feel apathetic.				
20	I feel sad.				
	Total for each column				
		Grand Total of Columns			
	Which quartile is your score?				
		20-35 pts.	36-50 pts.	51-65 pts.	66-80 pts.