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|  | Survey #2  After hypnotic treatments  Indicate how strongly you agree with each of the following statements:  4= All the time  3= Often  2= Sometimes  1= Never  \_\_\_\_ I am regularly exhausted by daily demands at work and at home.  \_\_\_\_ My stress is caused by outside forces beyond my control.  \_\_\_\_ I am trapped by circumstances that I just have to live with.  \_\_\_\_ No matter how hard I work I stay on top of my schedule, I never feel  caught up.  \_\_\_\_ I have financial obligations that I cannot meet.  \_\_\_\_ I dislike my work but cannot take the risk of a career change.  \_\_\_\_ I'm dissatisfied with my personal relationships.  \_\_\_\_ I feel responsible for the happiness of people around me.  \_\_\_\_ I am embarrassed to ask for help.  \_\_\_\_ I do not know what I want out of life.  \_\_\_\_ I am disappointed that I have not achieved what I had hoped for.  \_\_\_\_ No matter how much external success I have, I feel empty inside.  \_\_\_\_ If the people around me were more competent, I would be happier.  \_\_\_\_ Many people have let me down in the past.  \_\_\_\_ I "stew" in my anger rather than express it.  \_\_\_\_ I become enraged and resentful when I am hurt.  \_\_\_\_ I canít take criticism.  \_\_\_\_ I am afraid Iíll lose my job (home, finances, etc.)  \_\_\_\_ I do not see the value of expressing sadness of grief.  \_\_\_\_ I do not trust that things will work out.  \_\_\_\_ Total number of points. |

*This Web Site is Best viewed with 256 or more colors.*

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