



Stay Strong & Stay Focused: Overcoming Depression

Depression Survey

| (Strongly Disagree) | 0 | 2 | 3 | 4 | 5 | 6 | 7 (Strongly Agree) |
|----------------------------|---|---|---|---|---|---|--------------------|
| I Feel Depressed | - | - | - | - | - | - | - |
| I Feel Unhappy/ No Joy | - | - | - | - | - | - | - |
| I Am Tired Most Days | - | - | - | - | - | - | - |
| Poor Body Image | - | - | - | - | - | - | - |
| I Feel Guilty | - | - | - | - | - | - | - |
| I Feel Worthless | - | - | - | - | - | - | - |
| Relationships / Lonely | - | - | - | - | - | - | - |
| Physically Unhealthy | - | - | - | - | - | - | - |
| Lack of Purpose In Life | - | - | - | - | - | - | - |
| Thoughts of Suicide | - | - | - | - | - | - | - |
| Job/School Dissatisfaction | - | - | - | - | - | - | - |
| I Feel Hopeless | - | - | - | - | - | - | - |
| Substance Abuse/Porn | - | - | - | - | - | - | - |
| Spiritually Lost | - | - | - | - | - | - | - |

Take your time and really process the statements and put an “x” on the number according to how you are feeling at the moment. Add up the numbers at the top of the page based on where you place the “X” in that column for each statement then enter your total number in the score line. Log your score here: _____