

Scale of Feelings

There are many factors which effects how we all feel about anything, particularly related to relationships. Here is a voluntary self-assessment to help you and your coach/monitor/clinical observer be informed about your feelings at this point in time. The value of this measure is to assist us in helping improve your life choices, giving guidance for therapy goals and making visitation time with your child(ren) special and engaging.

We will welcome your suggestions on how we make this experience for you to be more comfortable and successful in achieving your stated goals. *Dr. Mark Roseman, CEO, Mark David Roseman and Associates.*

Place an “X” in the column next to each feeling/behavior indicating the degree:

1=strongly disagree; 2=disagree; 3= neither disagree or agree; 4=agree; and 5=agree strongly

Feelings/Behaviors	1	2	3	4	5
1. Loss of self-confidence					
2. Feelings of worthlessness					
3. Shame					
4. Belief in AP’s words					
5. Inadequacy					
6. Intense feelings of being only person with the problem (alone)					
7. Isolating from family events					
8. Inability to trust					
9. Inability to form lasting relationships with a significant other					
10. Loss of identity as a parent					
11. Loss of identity as an adult					
12. Loss of control					
13. Disbelief					
14. Loss of faith in court system					
15. Hopelessness					
16. Suicidal ideation					
17. Regret					
18. Self-blame					
19. Confusion					
20. Paranoia					
21. Anxiety					
22. Betrayal					
23. Depression					
24. Loss of sense of reality					
25. Loneliness					
26. Inability to focus					
27. Devastation					
28. Failure as a parent					
29. Low self-esteem					
30. Misunderstood					