

Fill in this Questionnaire before beginning the programme

*Feeling
Better*

Q1 How you have been over this LAST WEEK?

- 1. I have little interest or pleasure in doing things?**
Not at all Occasionally Sometimes Often All of the time
- 2. I am feeling down, depressed or hopeless?**
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- 3. I seem to be tired, especially in the morning when I wake up?**
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- 4. I feel I am a failure – that I am letting my family and friends down?**
Not at all Occasionally Sometimes Often All of the time
- 5. I have trouble concentrating or remembering?**
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- 6. I have thoughts that I would be better off dead or hurting myself in some way?**
Not at all Occasionally Sometimes Often All of the time
- 7. I have unwanted images or memories that are distressing me?**
Not at all Occasionally Sometimes Often All of the time

For each question circle the description that is closest

- 1. How do you feel in your closest relationship?**
0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10
- 2. Do you spend enough time with your broader family and friends?**
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- 4. Do you look after yourself – specifically eating healthily and taking exercise?**
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For each question score this last week from zero (badly) up to 10 (very well)

Complete this Q1 Questionnaire after completion of Hope & Firefighting



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Complete this Q1 Questionnaire after completion of Trauma Release



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Complete this Q1 Questionnaire after completion of Relax

*Feeling
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Complete this Q1 Questionnaire after completion of Clearing Patterns



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Complete this Q1 Questionnaire after completion of Action

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Complete this Q2 Questionnaire, also after Hope & Firefighting

The logo for 'Feeling Better' features the word 'Feeling' in a green, cursive-style font, with a horizontal line underneath it. Below this line, the word 'Better' is written in a green, sans-serif font.

Q2 Your Depression – what might be going on?

Having completed the Hope and Firefighting audios, which I ask of all programme participants, it is now time for you to understand in a little more detail what is fuelling your depression. I am asking a series of questions and how you answer, even if the answer is not binary (i.e. yes or no) but instead is “maybe” or “undecided” or even “a bit of both yes and no”, you will know where to go next.

Question One

Does my description of depression – as a state of mental and emotional exhaustion where the early waking mornings are the very worst time of day – get to the heart of it for you?

Question Two

Was there a trigger that has led to this crisis OR have you felt this way for many years, off and on?

Question Three

If a trigger event, then can you still recall vividly the first time you felt that way, when you recall the trigger memory OR Has the trigger event faded – meaning that the emotion around that time is difficult to recreate now?

Question Four

If you understand your depression as chronic and persistent and that you have lived with it for many years (and perhaps since childhood) - then consider which of these statements comes closest to capturing why that might be, as you think about it?

- a. There do seem to be powerful and negative memories, perhaps going a long way back, even though they are not clear cut.
- b. It seems to me that I have persistent and repeatable patterns of feelings, thoughts or behaviours or a combination of all three - that always seem to get in the way?
- c. I just can't get my life working properly – especially around relationships and/or work – and this is getting me down and destroying my self confidence?.

What to do Now?

The Trauma Release suite of audios are the next place to go – if there is a hint at all of a trigger event and trauma somewhere there or indeed if you have any sense that past memories, however unclear maybe a significant factor

If your unhelpful patterns and habits are rather unclear in their origin then go next to the Clearing Patterns set of audios. You may then find that a later visit to Trauma Release becomes appropriate. But best, before Clearing Patterns, spend a week or so getting familiar with and enjoying the Relax audios.

Finally you might find that you can go straight to Action – especially if your scores in the Q1 Questionnaire are improving. Again, you can return to Clearing Patterns or even Trauma Release – if you find that there are emotional resistances that need to be cleared. But again give serious thought to spending time with the Relax audios first.

Complete this Q3 Questionnaire also after Hope & Firefighting

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Q3 Do you live with Trauma?

One

Is there one memory you have that stands out very clearly – of loss, of humiliation, of fear?
And is it distinct and one off and limited in time with a clear beginning, middle and end?

Two

Are there memories that seem to spread over a period?

For example, a bad time at secondary school or watching the slow break up of your parent's marriage or periodic and persistent physical or emotional abuse directed to you or anger... and you just had to endure it?

Three

Do these spread out memories appear to you like a series of separate memories?

It might though include one or a few specific memories that seem to be representative of the whole awful time

OR it might present as a general feeling of pressure and fear spread over associations at home or at school for example that extends for years.

OR it could be like a number of apparently different memories – but all bound together and connected in some way.

Finally, it might be that you have tried very hard to suppress the memories, with what you believe is some success and certainly you do not wish to revisit them.

You then need to know how clearly you can see these trauma memories. How good is your visual recollection or is it more of a feeling?

And then what happens if you sense that something might be there – that happened at that time, but there is no memory that is clear or obvious. Are you aware of feelings that seem to arise for no good reason and this bewilders you?

Next, is it a fear of a depression itself? Do you remember in some detail of a past depression – and that when you back to the circumstances and time of it, then it is truly terrifying.

Or are the fears and the emotional hijacking fuelled by anxieties of the future – of scary what if scenarios that play out all the time and keep you stuck?

And finally, can you just not locate what might be there. Has it been suppressed by you for many years, or has it been forgotten apparently and is represented by little more than a vague unease or even apparently inexplicable periods of high arousal and anxiety – for no good reason.

Go to next page

Continued ...

What to go Now?

In all cases listen first to TR1 until this introduction is really clear. But if it is a single incident – over hours or days or maybe weeks, then listen to **TR2 Straightforward Trauma**. If less clear cut but over a long period listen to **TR3 Extended**. **TR4 Confused** is for powerful feelings where fact and projection are all mixed together. **TR6 Depression** and **TR6 Future Fears** are self explanatory while **TR7 Hidden** is the natural link to the Clearing Patterns suite.

A word of Caution

In Trauma Release we are talking of clearing powerful past memories and there is no doubt that sometimes they can have no clear beginning or end and are tied up in your head in a complex way with lots of other aspects of your life. So it cannot always be disentangled even if you focus on using the much more flexible TR3 audio – Extended Trauma memories. And it can happen that you can then experience a reaction that is not helpful. If so then you must stop whenever you have that sense and proceed very gently to the Relax suite and then to the Clearing Patterns suite.

But be assured that these abreactions are rare – and the benefits of proceeding through this suite far outweigh the risks.

Complete this Q4 Questionnaire after you have completed Trauma Release

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Q4 Your damaging habits and patterns?

This questionnaire is not to be rushed and should be revisited a number of times. It is less a questionnaire and more a structure for you to discover some of the main emotional patterns that influence you, even if much of this is unconscious.

You may well find it useful to keep a **Mood Diary** for a few days – which means to note down or at least to give your attention to strong emotions and unwelcome behaviour that arise – for no good reason. Persistent thoughts may be part of this too, though this is less important at this stage than the emotions that will animate the thought or the behaviours (addictive and the like) that just take over even though they are not consciously desired.

One final point: Do not be hard on yourself when doing this. You are not looking for clear cut instances of emotions or behaviours – but tendencies. Be curious – knowing that the Clearing Patterns audios will relieve you of much of this – as will the Depression Recovery Programme in its entirety.

Can you answer these questions with a growing level of confidence?

1. There is Trauma – which are powerful emotions that could be connected to past experiences?
2. I am getting a sense of a link to a past event?
3. There do appear to be patterns of response that relate to childhood coping strategies?
4. I am getting a sense of that bigger story - of how my life has unfolded and there are parts of it that I do not particularly like?
5. There are addictive type tendencies – around eating, alcohol, substances, behaviours (gambling, sex) or obsessions?

If the answer is yes to question 1, then go to the Trauma Release suite.

Otherwise if yes or perhaps is the response to questions 2 – 5, then go to CP1 – which is the introduction audio of Clearing Patterns. You are now well primed and ready to make real progress.

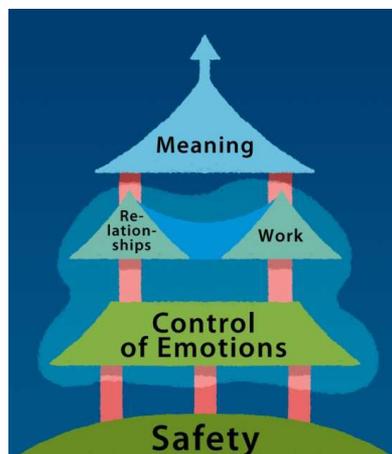
Complete this Q5 Questionnaire before you listen to AN2 – the second of the Action suite of audios

*Feeling
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Q5 Your Life now – the Pagoda Needs Evaluation

1. Are you secure and **SAFE** in major aspects?
0__1__2__3__4__5__6__7__8__9__10
2. Do you feel in **CONTROL**, especially emotionally?
0__1__2__3__4__5__6__7__8__9__10
3. Do you have a strong connection and identity with family/friends/groups?
0__1__2__3__4__5__6__7__8__9__10
4. Are there people who need you and who you need?
0__1__2__3__4__5__6__7__8__9__10
5. Are you fully engaged in hobbies/sports/activities/work/study?
0__1__2__3__4__5__6__7__8__9__10
6. Is your status acknowledged by those you respect?
0__1__2__3__4__5__6__7__8__9__10
7. Are you contributing **MEANINGFULLY** and are you being stretched?
0__1__2__3__4__5__6__7__8__9__10

For each question, circle the number which best grades where you are **THIS WEEK**. Extreme left is complete dissatisfaction and extreme right is complete satisfaction.



Take this questionnaire before you listen to AN3 for the first time

Feeling
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Q6 Looking after Yourself?

1. Are you Eating sensibly?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

2. Smoking, taking Drugs or Drinking too much?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

3. Are you Sleeping well and enough?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

4. Are you Exercising regularly?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

5. Are you Laughing a lot?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

For each question, circle the number which best grades where you are THIS WEEK.
Extreme left is complete absence and extreme right is entirely well.

Take this questionnaire after finishing the Action

Feeling
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Q7 Developing a Balanced Life

1. Developing self awareness

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

2. Getting Needs met?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

3. Developing Talents and Skills?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

4. Develop a Growth (Change) mindset

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

5. Connections and Curiosity (others, ideas, nature)?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

6. Playtime and Fun?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

7. Building structure?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

For each question, circle the number which best grades where you are THIS WEEK.
Extreme left is no progress and extreme right is completely getting it right.

Take this questionnaire after finishing Action

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Q8 Emotions Evaluation

1. Do you monitor self talk/introspections?

Are you challenging negative thoughts? eg: What is the evidence for that view? Is there an alternative? Are you forgetting your strengths and concentrating on weaknesses? Are you being excessively pessimistic? Or spending too much time in the past?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

2. Do you use stress management including managing busy days?

Stress can kill. Do you manage the stress in your life or does it manage you? How do you react when emotionally aroused? Do you know how to relax? Can you see the bigger picture or are you only looking through the letter box eg: narrow viewpoint?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

3. Do you always feel prepared for change?

Mentally healthy people know that we live a transient life. They regard change as a constant and not as a threat.

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

4. Are you mindful – able to self observe?

Are you aware when your emotional life is becoming unbalanced? Are you honest with yourself? Can you see the bigger picture?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

5. Do you get the best from family and colleagues?

Do you bring the best out of other people in your family and/or workplace? Make the most of people's strengths not weaknesses. If there is something or somebody that can't / won't change, then change your own response.

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

6. Do you distinguish between needs and wants?

Can you separate what you actually need from what you want? Are your needs being met? Don't know that they are? Then look above. Can the wants wait?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

7. Do you self regulate?

Have you a way to spot when anything is moving off balance and then know what to do?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

For each question, circle the number which best grades where you are THIS WEEK. Extreme left is complete absence and extreme right is satisfying completely.