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YOUR RESPONSE TO ILLNESS

Below is a questionnaire that will help us learn what feelings you are having in your life now, what are problem feelings for you, and how much you feel those emotions. In answering the questions below, use the following answers:

0 = none at all

1 or 2 = hardly any at all

3 or 4 = a mild amount

5 or 6 = a moderate amount

7 or 8 = a large or extensive amount

9 or 10 = an exceptional amount

- _____ 1. How much anxiety do you have most of the time?
- _____ 2. How anxious are you about your future?
- _____ 3. How well are you able to tolerate anxiety?
- _____ 4. Since you became sick, how upset are you about not fulfilling your various duties?
- _____ 5. Since you became sick, how much does it bother you when you do not meet other's expectations?
- _____ 6. Do you feel much guilt now in your life?
- _____ 7. Before you became sick, how much of the time did you find yourself feeling guilty?
- _____ 8. When you cannot do what you want how much does that bother you?
- _____ 9. How much frustration do you have in your life now?
- _____ 10. How much have you grown accustomed to the frustrations that come with your illness?
- _____ 11. How important is it to you to know what will lie ahead in your future?
- _____ 12. How much would you say you are an easy-going kind of person, someone who can easily "go with the flow"?
- _____ 13. Before you became sick, how optimistic of a person were you in general?
- _____ 14. Now that you are sick, how optimistic are you about your future?
- _____ 15. How much do you think about your future?
- _____ 16. How much does uncertainty about what will happen to your body upset you?
- _____ 17. How well are you living with uncertainty about the course of your illness?
- _____ 18. How well are you able to cope with physical discomfort?
- _____ 19. How well have you grown used to suffering since you became sick?
- _____ 20. How much do you resent having to suffer because of your illness?
- _____ 21. How much resentment do you feel most of the time?
- _____ 22. How critical of your body are you?
- _____ 23. How much do you feel that your body has let you down?
- _____ 24. How much do you keep your anger inside?
- _____ 25. How able are you to manage your anger?
- _____ 26. How often do you feel disappointed in other people you care about?
- _____ 27. How much do you feel disappointed in yourself since you became sick?
- _____ 28. When your body cannot do something you want it to do, how disappointed do you get?
- _____ 29. How down do you get when you are disappointed?
- _____ 30. How well are you able to cope with disappointment?
- _____ 31. How much do you think about what has disappointed you?

- _____ 32. How upset do you get when you are deprived of what you want?
- _____ 33. How much do you think about being deprived of what you care about?
- _____ 34. How accustomed have you gotten to being deprived of what you care about because of your illness?
- _____ 35. How much have you been rejected by others since you have become sick?
- _____ 36. How much does rejection bother you in general?
- _____ 37. How important is it to you to receive approval from people you care about?
- _____ 38. How sad or down do you get when you are rejected?
- _____ 39. If someone disapproves of you, how much do you think about that?
- _____ 40. How important is it to you to be liked by others?

The questions deal with the following emotions:

Anxiety: questions 1–3

Guilt: questions 4–7

Frustration: questions 8–10

Uncertainty: questions 11–17

Suffering: questions 18–20

Resentment and anger: questions 21–25

Disappointment: questions 26–31

Deprivation: questions 32–34

Rejection and disapproval: questions 35–40