























HOW ARE YOU?

Your name: _____

Your GFS group: _____ Date: _____

How you have been feeling in general over the last two weeks? *(tick a box)*

	Strongly Agree	Agree	Sort of agree	Disagree	Strongly disagree
Question one I feel good about myself:	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Question two: I can deal with problems:	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Question three: I help when my group make decisions:	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Question four: I am happy and healthy:	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

If you would like to, you can use this box to explain your answers:

Large dotted-line box for explaining answers.