

Before Symptom Intensity Scale

SYMPTOM INTENSITY SCALE **BEFORE SESSION**

Rate how you are feeling right now.

With pink being the least intense and red being the most intense, fill in each scale with a mark.

It is important to mark every scale somewhere.

For example - if you are feeling very anxious you would mark as follows:



ANXIOUS



STRESSED



ANGRY



DEPRESSED



FEARFUL



BODY ACHES



MUSCLE TENSION



HEADACHE



Your Name _____ Your Therapist/Counselor _____ Date _____

Comments: _____

