Evidence Based Practice Unit

A partnership of Anna Freud UCL

Me and My Feelings Questionnaire

Name/Participant ID:

Gender:

Age:

Below is a questionnaire which is going to ask you how you feel. There are no right or wrong answers. You should just pick the answer which is best for you. Thank you!

	Never	Sometimes	Always
I feel lonely	☐	☐	☐
I cry a lot	☐	☐	☐
I am unhappy	☐	☐	☐
Nobody likes me	☐	☐	☐
I worry a lot	☐	☐	☐
I have problems sleeping	☐	☐	☐
I wake up in the night	☐	☐	☐
I am shy	☐	☐	☐
I feel scared	☐	☐	☐
I worry when I am at school	☐	☐	☐
I get very angry	☐	☐	☐
I lose my temper	☐	☐	☐
I hit out when I am angry	☐	☐	☐
I do things to hurt people	☐	☐	☐
I am calm	☐	☐	☐
I break things on purpose	☐	☐	☐