

Scale of Success

Developed by: Dr. Laurie Little, Clinical Psychologist



CLIENT:

DATE:

Please Circle how you have felt in the last 2 weeks.

1. I feel tired.

Strongly Disagree Disagree Neutral Agree Strongly Agree

2. I often eat even though I am not hungry.

Strongly Disagree Disagree Neutral Agree Strongly Agree

3. I find a way to make time for myself each week no matter what.

Strongly Disagree Disagree Neutral Agree Strongly Agree

4. I get a pretty good night's sleep most nights.

Strongly Disagree Disagree Neutral Agree Strongly Agree

5. I feel good most of the time about the choices I am making with my beverages.

Strongly Disagree Disagree Neutral Agree Strongly Agree

6. I have been getting annoyed with myself.

Strongly Disagree Disagree Neutral Agree Strongly Agree

7. I am a physically active person.

Strongly Disagree Disagree Neutral Agree Strongly Agree

8. I often feel like I could take a nap at anytime.

Strongly Disagree Disagree Neutral Agree Strongly Agree

9. On most days my mood is pretty good.

Strongly Disagree Disagree Neutral Agree Strongly Agree

10. I make it a point to create time just for myself each week.

Strongly Disagree Disagree Neutral Agree Strongly Agree

11. It feels like there has been a cloud of anger over me.

Strongly Disagree Disagree Neutral Agree Strongly Agree

12. My family/friends know that my “me time” is a priority

Strongly Disagree Disagree Neutral Agree Strongly Agree

13. I need a lot (more than 2 cups) of caffeine to get me through the day.

Strongly Disagree Disagree Neutral Agree Strongly Agree

14. I am planning my meals and sticking with them most of the time.

Strongly Disagree Disagree Neutral Agree Strongly Agree

15. I get 7-8 hours of sleep per night.

Strongly Disagree Disagree Neutral Agree Strongly Agree

16. I am cheerful most of the time.

Strongly Disagree Disagree Neutral Agree Strongly Agree

17. I feel happy/content most days of the week.

Strongly Disagree Disagree Neutral Agree Strongly Agree

18. I feel good most of the time about what I am choosing to eat.

Strongly Disagree Disagree Neutral Agree Strongly Agree

19. My exercise/movement is a high priority.

Strongly Disagree Disagree Neutral Agree Strongly Agree

20. I am often irritable.

Strongly Disagree Disagree Neutral Agree Strongly Agree

21. My energy is good most of the time.

Strongly Disagree Disagree Neutral Agree Strongly Agree

22. When I am upset, I use food to soothe me.

Strongly Disagree Disagree Neutral Agree Strongly Agree

23. I am able to sleep through the night without excessive awakenings (more than 2).

Strongly Disagree Disagree Neutral Agree Strongly Agree

24. I have an exercise plan and I am sticking to it consistently.

Strongly Disagree Disagree Neutral Agree Strongly Agree

25. I feel sad or down most of the time.

Strongly Disagree Disagree Neutral Agree Strongly Agree

26. I set aside time just for me.

Strongly Disagree Disagree Neutral Agree Strongly Agree

27. I make healthy food choices.

Strongly Disagree Disagree Neutral Agree Strongly Agree

28. I feel good about my level of exercise/physical fitness.

Strongly Disagree Disagree Neutral Agree Strongly Agree

29. I stress eat/emotionally eat.

Strongly Disagree Disagree Neutral Agree Strongly Agree

30. I lash out at people quickly.

Strongly Disagree Disagree Neutral Agree Strongly Agree

31. I eat mindlessly.

Strongly Disagree Disagree Neutral Agree Strongly Agree

32. I get good quality sleep.

Strongly Disagree Disagree Neutral Agree Strongly Agree

NOTES:

