



1. ENVIRONMENTAL CHANGES/LIFE SITUATIONS – HAVE I EXPERIENCED ANY RECENT CHANGES?



DEAR READERS, MACARENSSES IS CONCERNED ABOUT THE MENTAL HEALTH OF READERS. AS A RESULT A TEST HAS BEEN DEVISED CONSISTING OF TEN QUESTIONS FOR READERS TO ANSWER. THIS WILL ENCOURAGE UNDERSTANDING OF ANY PROBLEMS THAT MAY EXIST. THE TEST ASKS QUESTIONS ABOUT FIVE ASPECTS OF LIFE: THOUGHTS (BELIEFS, IMAGES, MEMORIES), MOODS, BEHAVIOURS, PHYSICAL REACTIONS AND ENVIRONMENT (PAST AND PRESENT). MACARENSSES DOES NOT OFFER SOLUTIONS TO SPECIFIC PROBLEMS THAT ARISE FROM THIS TEST. MERELY TO RAISE AWARENESS OF THE ISSUE. YOU HAVE NOTHING TO LOSE BUT YOUR BRAINS AFTER ALL. (TEST BY GREENBERGER AND PODESKY, MIND OVER MATHS, 1993)



2. ENVIRONMENTAL CHANGES/LIFE SITUATIONS - WHAT HAVE BEEN THE MOST STRESSFUL EVENTS IN MY LIFE (PAST YEAR, 3 YEARS, 5 YEARS, CHILDHOOD)?



3. PHYSICAL REACTIONS - DO I EXPERIENCE ANY PHYSICAL SYMPTOMS THAT TROUBLE ME SUCH AS CHANGES IN ENERGY LEVEL, APPETITE OR SLEEP?



4. PHYSICAL REACTIONS - DO I EXPERIENCE ANY SPECIFIC SYMPTOMS SUCH AS HEART RATE FLUCTUATIONS ETC.?



5. MOODS - WHAT SINGLE WORDS DESCRIBE MY MOODS
(ANGRY, ASHAMED ETC.)



6. MOODS - AM I AWARE OF MY MOODS AND ABLE TO
CHANGE AND CONTROL THEM?



7. BEHAVIOURS – WHAT THINGS DO I DO THAT I WOULD LIKE TO CHANGE OR IMPROVE (I.E. AT WORK AND AT HOME)

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8. BEHAVIOURS - DO I AVOID SITUATIONS OR PEOPLE WHEN IT MIGHT BE TO MY ADVANTAGE TO BE INVOLVED?



9. THOUGHTS - WHEN I HAVE STRONG MOODS WHAT
THOUGHTS DO I HAVE ABOUT MYSELF, OTHER PEOPLE, MY
FUTURE?



10. THOUGHTS - WHAT THOUGHTS INTERFERE WITH THE THINGS I WOULD LIKE TO DO OR THINK I SHOULD DO?