

V8

V9

V10

PRE

PROG

StartDate	EndDate	Finished	The following questions are required.	Participant Coded #	Are you currently receiving Higher Brain Living sessions as part of the 22-step program?	
8/9/14 2:24	8/9/14 2:31	1		1	3	1
8/6/14 14:56	8/6/14 20:55	1		1	4	1
8/6/14 18:14	8/6/14 18:22	1		1	5	1
8/17/14 13:53	8/17/14 14:01	1		1	6	1
8/13/14 10:55	8/13/14 10:59	1		1	7	1
9/25/14 12:22	9/25/14 12:27	1		1	13	1
10/29/14 9:41	10/29/14 9:47	1		1	17	1
11/3/14 11:44	11/3/14 11:47	0		1	19	2
11/8/14 16:27	11/8/14 16:33	1		1	22	1

MORETWO

NUMSESSION

COMPLETE

DAYSSINCE

Have you had MORE than 2 Higher Brain Living sessions?

How many Higher Brain Living sessions have you had?

Did you complete the 22-step Higher Brain Living program?

How many DAYS since your last Higher Brain Living session?

1	21	2	2
1	23	1	21
1	21	2	11
1	21	2	4
1	12	2	6
1	17	2	5
1	10	2	3
2			
1	17	2	1

DECLARE

REPDEC

FS1-8_1

FS1-8_2

Have you created your Declaration as part of your Higher Brain Living sessions?

Have you repeated your Declaration in a Higher Brain Living session?

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I lead a purposeful and meaningful life

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-My social relationships are supportive and rewarding

1	1	1	6	6
1	1	1	7	6
1	1	1	6	6
2			7	7
2			5	5
2			7	6
1		1	5	5
			4	7
2			6	6

FS1-8_3

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I am engaged and interested in my daily activities

7
6
6
7
5
6
6
4
6

FS1-8_4

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I actively contribute to the happiness and well-being of others

7
6
6
7
5
4
6
5
5

FS1-8_5

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I am competent and capable in the activities that are important to me

7
7
6
7
5
6
7
6
5

FS1-8_6

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I am a good person and live a good life

6
7
6
7
6
5
7
6
7

FS1-8_7

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I am optimistic about my future

FS1-8_8

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-People respect me

PMS1-7_1

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-There is really no way I can solve some of the problems I have.

PMS1-7_2

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-Sometimes I feel that I am being pushed around in life.

6
7
6
7
6
7
7
7
5

6
7
7
6
6
5
6
7

2
1
2
1
1
2
3
1

1
1
2
1
2
3
1
3

PMS1-7_3

PMS1-7_4

PMS1-7_5

PMS1-7_6

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-I have little control over the things that happen to me.
 /

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-I can do just about anything I really set my mind to.
 /

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-I often feel helpless in dealing with the problems of life.
 /

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-What happens to me in the future mostly depends on me.
 /

1
1
2
2
1
3
1
1
2

4
3
3
4
4
3
1
3
3

1
1
2
1
2
1
1
2

4
3
2
3
4
4
3
3

PMS1-7_7

SH

SH1_1

SH2_1

How strongly do you agree or disagree that: / / (click the circle to the right of each question to indicate how strongly you agree or disagree). There is little I can do to change many of the important things in my life.

For each of the following statements and/or questions, please click the circle at the point on the scale.

In general I consider myself: -

Compared with most of my peers, I consider myself: -

1	1	6	6
1	1	6	5
2	1	6	6
1	1	7	7
1	1	7	7
1	1	5	7
1	1	7	7
2			
2	1	5	6

SH3_1

SH4_1

AS1-/DS1-4_1

AS1-/DS1-4_2

Some people are generally very happy. They enjoy life regardless of what is going on, getting the mo...-

Some people are generally not very happy. Although they are not depressed, they never seem as happy...-

In the past week, on how many days did you... / / / (click the circle to the right of each question to...-feel tense or keyed up
 /

In the past week, on how many days did you... / / / (click the circle to the right of each question to...-feel afraid or fearful
 /

7	1	1	1
5	3	3	2
6	3	3	1
7	1	1	2
6	1	1	2
4	2	2	2
6	1	1	2
5	3	3	1
			2

AS1-/DS1-4_3

AS1-/DS1-4_4

AS1-/DS1-4_5

AS1-/DS1-4_6

In the past week, on how many days did you... / / / (click the circle to the right of each question to...-worry
 /

In the past week, on how many days did you... / / / (click the circle to the right of each question to...-feel nervous or shaky inside
 /

In the past week, on how many days did you... / / / (click the circle to the right of each question to...-lack enthusiasm for doing anything
 /

In the past week, on how many days did you... / / / (click the circle to the right of each question to...-feel bored or have little interest in things
 /

2
1
2
2
2
2
2
2
2

1
1
1
2
2
1
2
1

1
1
1
3
1
1
3

1
1
1
1
1
1
1

AS1-/DS1-4_7

AS1-/DS1-4_8

GOALS1

GOALS2-4_1

In the past week, on how many days did you... / / / (click the circle to the right of each question to...-feel downhearted or blue
 /

In the past week, on how many days did you... / / / (click the circle to the right of each question to...-feel slowed down or low in energy

I have goals that are important for me.

The four questions below are about goals that are important to you. / (click the circle to the right o...-I believe that I am able to achieve them.
 /

1
1
1
2
2
2
1

1

1
2
3
2
1
1
2

2

1
1
1
1
1
1
1

1

4
3
3
4
4
4
4

3

GOALS2-4_2

The four questions below are about goals that are important to you. / (click the circle to the right o...-I am actively working to achieving them.
 /

4
4
3
4
3
4
4
2

GOALS2-4_3

The four questions below are about goals that are important to you. / (click the circle to the right o...-I am making significant progress toward achieving them.
 /

4
4
3
4
3
4
2

GOALS2-4_4

The four questions below are about goals that are important to you. / (click the circle to the right o...-I am achieving them.

4
3
3
4
3
4
2