

Positivity Self-Assessment Questionnaire

With this assessment, you can see how your moods respond to the natural approach in a quick and fun way. Record your feelings (as well as information about your menstrual flow and libido) at least weekly, according to the directions. You'll be surprised that in as soon as one month, you'll feel much better emotionally.

Scoring

In the boxes below, rate your moods according to these scores.

- 0 = Not at all
- 1 = Minimal
- 2 = Some
- 3 = Extremely

Also, on the dates you score your moods, note your menses too. Record one of the following letters under the date:

- S = Spotting
- L = Light flow
- M = Average
- H = Heavy

For sexual activity, draw a smiley face ☺ under the date.

