

QUESTIONNAIRE: WHERE ARE YOU?

The following questions are for you to check into what's happening to you right now; to see what self-help tools might be useful and recognize if you can benefit from some outside support.

1. Place a check mark next to feelings you have experienced at any time in your life.

joyful sad angry frustrated happy depressed tired energetic numb

2. Now place a check mark next to feelings you experience most often now.

joyful sad angry frustrated happy depressed tired energetic numb

All feelings are normal. It's how you deal with your feelings that sets up how well your life works for you.

If you are feeling sad, angry, frustrated, depressed, tired or numb more than feeling joyful, happy and energetic, you may want to find a support group of individuals who are experiencing the same feelings and are working to understand those feelings in order to recover a sense of balance in a safe environment. Please consider joining a support group. In our experience most veterans are pleased with the response to their particular needs in a group sponsored by a Vet Center. While in the beginning you might feel awkward and not trust the other members, over time they can become the most important support people in your life. To find a Vet Center near you please visit www.vetcenter.va.gov.

Here are a few more questions to help you look at what's happening in your life.

3. Are you with someone when you have those feelings? yes no

4. Are you alone? yes no

With these two questions, you can look at your situation to see if you have support or are isolating yourself. If you would like to find resources for support, please check out the [RESOURCES](#) page or go to www.vetcenter.va.gov.

5. Do these feelings you checked above come up *without* a known, present-moment cause?

a. never (I always know where they come from.)

b. rarely

c. some of the time

d. most of the time

e. all of the time (They seem to come out of nowhere.)

6. Do the feelings come up suddenly?

- a. never
- b. rarely
- c. some of the time
- d. most of the time
- e. all of the time

7. Do you feel that your life has meaning?

- a. yes, all of the time
- b. most of the time
- c. some of the time
- d. rarely
- e. no, never

If you answered a, b, or c, you probably are having feelings that many people experience. **If you answered d or e** on the above three questions you might want to take a further look at your life. If you want to create a new life, please go to [CREATING A NEW LIFE](#). If you feel depressed, please go to [RESOURCES](#) to find a support group or www.vetcenter.va.gov

8. How would you rate your physical health?

- a. excellent
- b. good
- c. OK
- d. not so good
- e. poor

9. How would you describe your appetite?

- a. excellent
- b. good
- c. OK
- d. not so good
- e. poor

10. How would you rate your attitude about your life?

- a. excellent
- b. good
- c. OK
- d. not so good
- e. poor

Looking at your health, ask yourself: “Am I taking good care of myself?”

What do you need to do to improve your physical health? Many find a healthy diet and exercise improves their attitude. www.healthcentral.com/diet-exercise provides a plan.

11. In your relationship with family and close friends are you:
 - a. ___ able to talk freely and say what you want all of the time?
 - b. ___ able to talk freely most of the time?
 - c. ___ able to talk freely some of the time?
 - d. ___ rarely able to say what you are feeling?
 - e. ___ never able to say what you are feeling?

12. Do you have a job? ___ yes ___ no

13. If you have a job, do you feel comfortable with co-workers?
 - a. ___ yes, all of the time
 - b. ___ most of the time
 - c. ___ some of the time
 - d. ___ rarely
 - e. ___ never

14. If you don't have a job and are able to be employed, are you looking for work?
 - a. ___ yes, every day
 - b. ___ three to four days a week
 - c. ___ one day a week
 - d. ___ once in a while
 - e. ___ don't bother looking or can't get myself to look for work

15. Do you have less interest now in activities you used to enjoy?
 - a. ___ never—I'm the same as before
 - b. ___ rarely
 - c. ___ some of the time
 - d. ___ most of the time
 - e. ___ all of the time—I just can't get interested in things I used to enjoy

For the section you just completed, note if you see yourself as actively engaged in your life, or isolated from people. If you feel you need support for feeling down (low energy or depressed), please find a source of support. Many are listed in [RESOURCES](#) or www.vetcenter.va.gov. If you need help finding work please go to the [WORK](#) page.

16. Do you get 6-8 hours of sleep each night and do you feel rested when you wake up?

- a. all of the time
- b. most of the time
- c. some of the time [or, I sleep a lot but never feel rested]
- d. rarely
- e. never

17. Are you experiencing nightmares, flashbacks or intrusive thoughts?

- a. never
- b. rarely
- c. some of the time
- d. much of the time
- e. all of the time

18. Do you fall asleep but wake up in a state of high vigilance, instantly alert, in response to slight sounds or movements, then are unable to fall asleep again?

- a. never
- b. rarely
- c. sometimes
- d. often
- e. always

Sleep is important for each of us to function at our best. When you are not sleeping well your body is under increased stress and it is more difficult to handle situations in the daytime. So review how you are sleeping. If you believe you need aid in evaluating your sleep pattern or if you need suggestions for getting more restful sleep please contact your local VA. Or try Release Exercises before retiring. If you need support please go to [RESOURCES](#). www.vetcenter.va.gov

19. What happens when you think about your combat experiences?

- a. I can see them as past experiences and let go of the thoughts.
- b. Sometimes it takes a while to let go of the thoughts.
- c. Sometimes I'm not able to let go of the thoughts.
- d. I think about them and dwell on them much of the time.
- e. I keep thinking about them over and over.

20. Do you have angry outbursts?

- a. ___ never
- b. ___ rarely
- c. ___ some of the time
- d. ___ often
- e. ___ very often

21. Have you ever been afraid you would hurt someone during an angry outburst?

- a. ___ never
- b. ___ rarely
- c. ___ some of the time
- d. ___ often
- e. ___ very often

22. Do you startle easily or feel on guard for no apparent reason?

- a. ___ never
- b. ___ rarely
- c. ___ some of the time
- d. ___ most of the time
- e. ___ all of the time

23. Do you have feelings of detachment from others in civilian life?

- a. ___ never
- b. ___ rarely
- c. ___ some of the time
- d. ___ most of the time
- e. ___ all of the time

24. Do you believe you would feel better back in the military?

- a. ___ never
- b. ___ rarely
- c. ___ some of the time
- d. ___ most of the time
- e. ___ all of the time

With these questions you are looking at the bleed-through of your combat experiences into your current situation. This is normal if it's done rarely or some of the time. What can present a problem for you is if you dwell on the experiences and are not really living your current life. We suggest you find a support group in [RESOURCES](#) to help you move through this experience. Visit a Vet Center and ask questions about support. To find a Vet Center, go to: www.vetcenter.va.gov

25. Do you drink alcohol or take mind-altering drugs?

- a. ___ never
- b. ___ rarely on social occasions
- c. ___ some of the time
- d. ___ three to four days a week
- e. ___ every day

26. To what extent is your use of drugs and/or alcohol interfering with your life?

- a. ___ not at all
- b. ___ slightly
- c. ___ somewhat
- d. ___ quite a lot
- e. ___ very much

If you answered d or e to these two questions, you might want to check out a 12 Step program at www.12step.org to find daily support. Drugs and alcohol will *not* help clear the traumatic reactions; they will mask them at the expense of the rest of your life.

27. Do you feel empty, hollow, without emotion?

- a. ___ never
- b. ___ rarely
- c. ___ some of the time
- d. ___ most of the time
- e. ___ all of the time

If you answered d or e please find a source of support as soon as you can. Check out [RESOURCES](#) for a support group.

28. Do you think of harming yourself?

- a. ___ no, never
- b. ___ rarely
- c. ___ yes, sometimes
- d. ___ yes, frequently
- e. ___ yes, all of the time

If you answered d or e, please find a source of support as soon as you can. Call a support person, a hotline: **800-273-8255**, a Vet Center readjustment counselor TODAY.

www.vetcenter.va.gov

29. Have you thought of harming someone else in a non-combat situation?

- a. ___ no, never
- b. ___ rarely
- c. ___ yes, sometimes
- d. ___ yes, frequently
- e. ___ yes, very frequently and strongly

If you answered d or e it is time to call for back-up: a support person, a hotline:

800-273-8255, a Vet Center readjustment counselor: www.vetcenter.va.gov.

30. Do you avoid situations that remind you of combat?

- a. ___ never
- b. ___ rarely
- c. ___ some of the time
- d. ___ most of the time
- e. ___ all of the time

If you answered d or e please contact a support person, such as a Vet Center readjustment counselor: www.vetcenter.va.gov.

These last questions, as mentioned above, if answered honestly with d or e, indicate a need for more help in your life. Meeting with a group of your peers (military brothers and sisters) may be of benefit to you. You also may be in need of additional professional coping support: www.vetcenter.va.gov.