



# Positivity Self-Assessment

0 = not at all / 1 = minimal / 2 = moderate / 3 = extremely

For menses record: L = light flow / M = average / H = heavy / S = spotting

For sexual activity indicate with a ☺

Date:	I am happy & joyful	I am content	I am energetic	I am productive	I am social & friendly	I am alert, my mind is focused	I feel good about my body
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