

Positivity Self-Assessment Questionnaire

0 = Not at all

1 = Minimal

2 = Some

3 = Extremely

For Menses Record:

S = Spotting

L = Light flow

M = Average

H = Heavy

For Sexual Activity, indicate with 😊

| 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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