

Scale of Feelings and Thoughts (SOFT)

Please answer each question with regard to your typical feelings and/or thoughts about various aspects of your life during the past two weeks. Please select 3 answers per question from the list below.

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|-----------------------------------|---------------------------------|
| 0. Not applicable | |
| 1. Fear/Depression | 11. Acceptance |
| 2. Unworthiness/Guilt | 12. Security/ Contentment |
| 3. Anger/Hatred | 13. Optimism/Hopefulness |
| 4. Resentment/Blame | 14. Satisfaction/Pleasure |
| 5. Sadness/Regret | 15. Positive Expectation/Belief |
| 6. Doubt/Anxiety | 16. Happiness/Cheerfulness |
| 7. Dissatisfaction/Discouragement | 17. Enthusiasm/Eagerness |
| 8. Pessimism/Disappointment | 18. Joy/Passion |
| 9. Insecurity/Frustration | 19. Empowerment/Freedom |
| 10. Avoidance | 20. Love/Appreciation |

1. When I think of my life, in general, I experience feelings of:

2. When I think of my relationship with individuals other than my partner, I experience feelings of:

3. When I think of my overall relationship with my partner, I experience feelings of:

4. When I think of my sexual relationship with my partner, I experience feelings of:

5. When I think of my self-esteem in regards to my sexual health, I experience feelings of: