Please put a tick ✓ in whichever box applies in each line

MY PRESENT LIFE

Boring		Interesting
Enjoyable		Miserable
Tied Down		Free
Rewarding		Disappointing
Rough		Smooth
Full		Empty
Discouraging		Hopeful
Easy		Hard
Frustrating		Fulfilling
Full of fun		No fun at all
Controlled by others		Under my control
Full of possibilities		In a rut
Unsuccessful		Successful
Brings out the best in me		Doesn't give me much chance
Unhappy		Happy