



# Young Carer Peer Support Group

Name: \_\_\_\_\_



Date: \_\_\_\_\_

You will be asked a few questions about how happy you feel, using a scale from 0 to 10. On this scale, 0 means you feel VERY SAD. 10 means you feel VERY HAPPY. And the middle of the scale is 5, which means you feel NOT HAPPY OR SAD.



1. How happy are you about the things you have? Like the money you have and the things you own?

 0 1 2 3 4 5 6 7 8 9 10 



2. How happy are you with your health?

 0 1 2 3 4 5 6 7 8 9 10 



3. How happy are you with the things you want to be good at?

 0 1 2 3 4 5 6 7 8 9 10 


4. How happy are you about getting on with the people you know?

 0 1 2 3 4 5 6 7 8 9 10 

6. How happy are you about doing things away from your home?

 0 1 2 3 4 5 6 7 8 9 10 

7. How happy are you about what may happen to you later on in your life?

 0 1 2 3 4 5 6 7 8 9 10 