

Date _____
Date of last Healing Touch session _____

Code _____

Healing Touch Comfort Questionnaire

Thank you VERY MUCH for helping us understand your COMFORT. Below are statements that relate to your comfort right now. Six numbers are provided for each item; please circle the number you think most closely matches your feeling. Your responses should describe your comfort right now. It is important to complete every item.

	STRONGLY DISAGREE			STRONGLY AGREE		
1. I dislike physical activity	1	2	3	4	5	6
2. I feel well-balanced	1	2	3	4	5	6
3. I have enough time for myself	1	2	3	4	5	6
4. There are those on whom I can depend when I need help	1	2	3	4	5	6
5. I take care of myself	1	2	3	4	5	6
6. I lack confidence	1	2	3	4	5	6
7. My life is worthwhile right now	1	2	3	4	5	6
8. I am strengthened by knowing that I am loved	1	2	3	4	5	6
9. I am able to think clearly	1	2	3	4	5	6
10. I am fatigued	1	2	3	4	5	6
11. No one understands me	1	2	3	4	5	6
12. My pain is difficult to endure	1	2	3	4	5	6
13. I am inspired to do my best	1	2	3	4	5	6
14. I feel alone	1	2	3	4	5	6
15. My beliefs inspire me	1	2	3	4	5	6
16. I can handle daily challenges and hassles	1	2	3	4	5	6

	STRONGLY DISAGREE				STRONGLY AGREE	
17. My body feels tense	1	2	3	4	5	6
18. I feel healthy	1	2	3	4	5	6
19. I do not feel accepted	1	2	3	4	5	6
20. I have many fears	1	2	3	4	5	6
21. My energy level is low	1	2	3	4	5	6
22. I feel stressed	1	2	3	4	5	6
23. I avoid making decisions	1	2	3	4	5	6
24. I can rise above my pain	1	2	3	4	5	6
25. I feel relaxed	1	2	3	4	5	6
26. I have found meaning in my life	1	2	3	4	5	6
27. I feel like I don't belong wherever I am	1	2	3	4	5	6
28. My personal care routines nurture me	1	2	3	4	5	6
29. I feel renewed	1	2	3	4	5	6
30. My condition gets me down.	1	2	3	4	5	6
31. I feel personally safe	1	2	3	4	5	6
32. I feel bad about the way I interact with my family and friends	1	2	3	4	5	6
33. My traditions give me peace of mind	1	2	3	4	5	6
34. I feel out of control	1	2	3	4	5	6
35. I am able to cope	1	2	3	4	5	6