

Date \_\_\_\_\_

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 question; please circle the number you think most closely matches your feeling. Your responses should describe your comfort right now.

	STRONGLY DISAGREE					STRONGLY AGREE	
1. I enjoy physical activity	1	2	3	4	5	6	
2. I feel in balance	1	2	3	4	5	6	
3. I have enough time for myself	1	2	3	4	5	6	
4. There are those I can depend on when I need help	1	2	3	4	5	6	
5. I don't want to exercise	1	2	3	4	5	6	
6. My condition gets me down	1	2	3	4	5	6	
7. I feel confident	1	2	3	4	5	6	
8. I feel dependent on others	1	2	3	4	5	6	
9. My life is worthwhile right now	1	2	3	4	5	6	
10. I am strengthened by knowing that I am loved	1	2	3	4	5	6	
11. My surroundings are pleasant	1	2	3	4	5	6	
12. There are sounds that keep me from resting	1	2	3	4	5	6	
13. No one understands me	1	2	3	4	5	6	
14. My pain is difficult to endure	1	2	3	4	5	6	
15. I am inspired to do my best	1	2	3	4	5	6	
16. I am unhappy when I am alone	1	2	3	4	5	6	
17. My faith helps me to not be afraid	1	2	3	4	5	6	
18. I have places to be that please my senses	1	2	3	4	5	6	

	STRONGLY DISAGREE			STRONGLY AGREE		
19. I am constipated right now	1	2	3	4	5	6
20. I do feel unhealthy right now	1	2	3	4	5	6
21. I feel accepted	1	2	3	4	5	6
22. I am afraid of what is next	1	2	3	4	5	6
23. I am treated well	1	2	3	4	5	6
24. I have experienced changes that make me feel uneasy	1	2	3	4	5	6
25. My energy level is low	1	2	3	4	5	6
26. I feel anxious	1	2	3	4	5	6
27. The temperature in my place is fine	1	2	3	4	5	6
28. I am tired	1	2	3	4	5	6
29. I can rise above my pain	1	2	3	4	5	6
30. The mood around me is uplifting	1	2	3	4	5	6
31. I am content	1	2	3	4	5	6
32. My place puts me in a bad mood	1	2	3	4	5	6
33. My personal care routines are nurtures me	1	2	3	4	5	6
<del>34. Nature renews me</del>	<del>1</del>	<del>2</del>	<del>3</del>	<del>4</del>	<del>5</del>	<del>6</del>
35. I feel out of place	1	2	3	4	5	6
36. I feel grounded	1	2	3	4	5	6
37. I feel good about the way friends/family interact with me	1	2	3	4	5	6
38. My beliefs give me peace of mind	1	2	3	4	5	6
39. I need to be better informed about my health	1	2	3	4	5	6
40. I feel out of control	1	2	3	4	5	6

	STRONGLY DISAGREE			STRONGLY AGREE		
41. I feel safe	1	2	3	4	5	6
42. I don't like my place	1	2	3	4	5	6
43. I am not strong enough	1	2	3	4	5	6
44. I feel peaceful	1	2	3	4	5	6
45. I am depressed	1	2	3	4	5	6
46. I have found meaning in my life	1	2	3	4	5	6
47. It is easy to get around	1	2	3	4	5	6
48. I need to feel good again	1	2	3	4	5	6

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