Positivity Self-Assessment Questionnaire

0 = Not at all 1 = Minimal 2 = Some 3 = Extremely

For Menses Record: S = spotting L = Light flow M = Average H = Heavy

For Sexual Activity Indicate with 🤒



Date	I am happy & joyful	l am content	I am energetic	l am productive	I am social & friendly	I am alert, my mind is focused	I feel good about my body