

Please mark the degree to which you agree or disagree with the following statements by circling the number that best matches how you feel	1=strongly agree 2=Agree 3=Not sure 4=Disagree 5=Strongly Disagree
I often have the feeling I cannot handle things very well	1 2 3 4 5
I find myself giving up more of my life to meet my child's needs than I ever expected	1 2 3 4 5
I feel trapped by my responsibilities as a parent	1 2 3 4 5
Since having this child I have been unable to do new/different things	1 2 3 4 5
Since having a child I feel that I am almost never able to do things that I like to do	1 2 3 4 5
I am unhappy with the last purchase of clothing I made for myself	1 2 3 4 5
There are quite a few things that bother me about my life	1 2 3 4 5
Having a child has caused more problems than I expected in my relationship with my spouse/significant other	1 2 3 4 5
I feel alone and without friends	1 2 3 4 5
When I go to a party I usually expect not to enjoy myself	1 2 3 4 5
I am not as interested in people as I used to be	1 2 3 4 5
I don't enjoy things as I used to	1 2 3 4 5