Content Discontent Frequency Inventory

Describe a recent or former problem that still causes you discontent:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Describe the issue or problem on the line above.)

This questionnaire is designed to measure the way you feel about this problem. It is not a test, so there are no right or wrong answers. Place a number beside each one as follows:

0 None of the time

1 Rarely

2 Some of the time

3 Most of the time

4 All of the time

**When I think of this problem I am:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Column A | Score |  | Column B | Score |
|  |  |  |  |  |
| Annoyed |  |  | Pleased |  |
| Dissatisfied |  |  | Satisfied |  |
| Disturbed |  |  | At Ease |  |
| Depressed |  |  | Happy |  |
| Unfulfilled |  |  | Fulfilled |  |
| Ungrateful |  |  | Thankful |  |
| Begrudging |  |  | Affirming |  |
| Complaining |  |  | Cheerful |  |
| Crabby |  |  | Good Natured |  |
| Faultfinding |  |  | Nonjudgmental |  |
| Grumbling |  |  | Forgiving |  |
| Sniveling |  |  | Content |  |
| Vexed |  |  | Calm |  |
|  |  |  |  |  |
| Total for column A |  |  | Total for Column B |  |

Scoring:

Column A is the frequency of your discontent. Total the numbers in Column A. The highest level of discontent would be a score of 65. Divide your score by 65: X/65. (Where X is your score.) This is your percentile of discontent. A score above 10% means needs improvement or a decrease in discontent.

Column B is the frequency of your content. Total the numbers in Column B. The highest level of content would be 65. Divide your score by 65: X/65 (where X is your score). This is your percentile of content. A score below 90% indicates needs improvement or an increase in content.

Compare Column A with Column B. How are they related? How is this information useful? What changes you can make to decrease your discontent and increase content?