

## Naammagisimarinnineq pillugu immersugassaq (Personal Happiness form)

| <b>Inuunermut<br/>tunngasut</b>                      | <b>Inuuninni makku qanoq nuannaritigaagit<br/>naammagisimaartigaagilluunniit? (immikkoortuni<br/>ataasiakkaani kisitsit ataasiinnaq ammalortuliorfigalugu<br/>nalunaaqutsissavat)</b> |  |                                   |                        |                                    |                                 |   |   |   |    |    |  |  |
|--|---|--|-----------------------------------|------------------------|------------------------------------|---------------------------------|---|---|---|----|----|--|--|
|  | Naammagisi-<br>maarlunnar-<br>para  | Naammagisi-<br>maarpallaan-<br>ngilara | Naammagi-<br>simaakan-<br>nerpara | Naammagi-<br>simaqaara | Naammagi-<br>simaarlun-<br>narpara | Naapertuutin-<br>ngilaq<br>(IR) |   |   |   |    |    |  |  |
| Aappaarneq   | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Ikinngutit inuttullu<br>inoogataaneq                 | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Ilaquttanut atassuteqarneq                           | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Asannineq<br>tunniusimanerlu                         | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Atoqateqarneq  | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Sunngiffik nuannisarnerlu                            | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Tungiuineq   | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Inuttut<br>toqqissisimaneq                           | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Suliffik/suliaq/pension                              | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Najugara   | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Aningaasat,<br>aningaasaqarnikkut<br>isumannaassuseq | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Timikkut peqqinneq                                   | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Timimik atuineq,<br>sungiusarneq                     | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Ulluinarni suliassat                                 | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Nerisat, oqimaassusera                               | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Qiimaneq<br>imminullu<br>naleqartinneq               | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Ilungersualernej/<br>Stress annilaanganerlu          | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Kamanneq oqallinnerillu                              | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Anersaakkut inuuneq                                  | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |
| Sianissuseq  | 1   | 2                                      | 3                                 | 4                      | 5                                  | 6                               | 7 | 8 | 9 | 10 | IR |  |  |

WR Miller (eds). Combined behavioural Intervention Manual. A Clinical Research Guide for Therapists Treating People with Alcohol Abuse and Dependence-imit qallunaatuunngortitaq. NIAAA, 2004