

## PBQ

Name \_\_\_\_\_ Baby's age \_\_\_\_\_ Date \_\_\_\_\_

Please indicate how often the following are true for you. There are no 'right' or 'wrong' answers. Choose the answer which seems right in your recent experience:

	Always	Very often	Quite often	Sometimes	Rarely	Never
I feel close to my baby						
I wish the old days when I had no baby would come back						
I feel distant from my baby						
I love to cuddle my baby						
I regret having this baby						
The baby doesn't seem to be mine						
My baby winds me up						
I love my baby to bits						
I feel happy when my baby smiles or laughs						
My baby irritates me						
I enjoy playing with my baby						
My baby cries too much						
I feel trapped as a mother						
I feel angry with my baby						
I resent my baby						
My baby is the most beautiful baby in the world						
I wish my baby would somehow go away						
I have done harmful things to my baby						
My baby makes me feel anxious						
I am afraid of my baby						
My baby annoys me						
I feel confident when caring for my baby						
I feel the only solution is for someone else to look after my baby						
I feel like hurting my baby						
My baby is easily comforted						