

## Self Assessment Form – Understanding the Problem(s)

Completing this form as best you can may help you and your *guide* to understand some of the history and background of your problems. You don't have to answer every question or write a great deal – just enough to help you think about your problems and get into the habit of writing about them and about yourself. You can ask anyone else for their comments, but only you should actually write or change anything on the form.

- > What are your main problems? What would you like to do about them?
  
- > Who are the people who are part of your life at present – *family, friends etc.*  
What effect do they have on your problems?
  
- > Write here anything from your past life and childhood that you think is still important to how you feel now
  
- > Are you taking any medication or seeing another therapist at the moment? Is it helpful?
  
- > What medication or therapy have you had in the last 5 years? Was any of it helpful?
  
- > Do you take any non-prescription drugs? How much alcohol do you drink at present? How much tea / coffee?
  
- > What do you do during your waking hours? What do you do that you enjoy?
  
- > What have you got going for you? What makes you feel good about yourself?
  
- > What do you want to achieve over the next year?
  
- > Have you ever thought about harming yourself, or anyone else, now or in the past? If so, how did you cope?
  
- > Write here anything else that you want your *guide* to know about you or your problems.

Carry on over the page if you want to...

