

Self-Assessment Form

Understanding your problems...

Filling in this form will help you and your guide understand something about your problems. You don't have to answer every question, or write a lot. You can ask anyone else for their comments, but only you should write 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 the moment (family and friends)?

What effect do they have on your problems?

Is there anything in your past which you think is important to how you feel now?

Are you taking any medication or seeing a therapist at the moment?

Is it helpful?

What medication or therapy have you had in the last five years?

Was it helpful?

Do you take any non-prescription drugs?

Do you drink alcohol?

Do you drink tea and coffee?

How do you spend your time?

What do you enjoy doing?

What have you got going for you in your life right now?

What do want to achieve over the next year?

Have you ever thought about harming yourself, or anyone else?

What happened?

Is there anything else you would like your guide to know?

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