

*Please put an “X” beside those difficulties you most want to address.

	Never	Seldom	Sometimes	Often	Always
Depression					
Low self-esteem					
Feelings of loss or grief					
Anxiety or tension					
Angry feelings					
Sexual difficulties					
Suicidal thoughts					
Fears					
Drinking or drug problems					
Voices or hallucinations					
Difficulty socializing					
Job or school difficulty					
Domestic violence					
Sex, physical abuse as child					
Verbal abuse as child					
Problems w/ partner, spouse					
Difficulty parenting					
Problems with food					
Problems with parents					
Health problems					