

Self-Assessment

In one, or just a few words, what is the MAIN problem?

(i.e. Stress, Depression, Anger, Unemployment, Relationship, Smoking, OCD, Anxiety, Biting Nails, Jealousy, Confidence, Arguments with partner)

How much distress does this cause you on a scale of 0-10?

(0= No distress 10= Highly distressed)

Enter Number here

Again, in one, or just a few words, what may be the SECONDARY problems?

Problem	Distress Level 0-10
1.	
2.	
3.	

How confident are you that you can overcome these problems?

(0= No confidence 10= High Confidence)

Enter Number here

How important it is to you to make this change?

(0= Not important 10= Highly important)

Enter Number here

What are the main reasons sit is important to make this change?



Self-Assessment

What are the things that might keep the problem going?

i.e. Avoiding certain tasks, restriction of finances, the behaviour of a friend, colleague or loved one

--

What are your main goals?

If the problem no longer existed think how life would be different.

Goals
1.
2.
3.
4.
5.

