SELF ASSESSMENT

SUNNY STRASBURG, M.A., LMFT
email: sunnys@jps.net | www.sunnystrasburgtherapy.com
Skype: Sunny.Strasburg

Client's Name:_____

What is happening in your life which resulted in this appointment? What would you like to see accomplished in therapy?

Chief Complaint(s). Check all that apply:

____ Depression
____ Low Energy
____ Low Self Esteem
____ Poor Concentration
____ Hopelessness
____ Worthlessness
____ Guilt
____Sleep Disturbance (more/less)
____ Chest pain
____ Appetite Changes (more/less)
____Thoughts of hurting yourself
____ Thoughts of hurting someone
____ Isolation/Social Withdrawal
____ Sadness/Loss
____ Stress
____ Anxiety/Panic
____ Heart pounding/racing
____ Phobias
____ Excessive behaviors (spending, gambling)
____ Delusions/hallucinations
____ Can't hold onto an idea
____ Easily agitated
____ Confusion/unclear thinking
____ Feeling you're not real
____ Fear of dying
____ Fear of going crazy
____Trembling/shaking
____ Sweating
____ Chills/hot flashes
____ Tingling/numbness
____ Nausea

____ Feeling that things around you are not real
____Lose track of time
____ Unpleasant thoughts that wont go away
____ Anger/frustration
____ Defies rules
____ Blames others
____ Argues
____ Excessive use of alcohol, drugs (illegal or legal prescription)
____ Blackouts
____ Physical abuse issues
____ Sexual abuse issues
____ Obsessions/compulsive behaviors
____ Spousal abuse issues

Other problems and
symptoms:_____
_____ _____
_____

THERAPY HISTORY

Previous therapy? _____

What was accomplished?_____

Previous hospitalizations? _____

If yes, number of hospitalizations?_____ If yes, when?_____ What was the reason?_____

MEDICAL HISTORY

Last medical exam:_____

Any current medical problems you are experiencing or currently being treated for:_____

List any current medications:_____

EDUCATIONAL HISTORY

List all previous school and educational experiences, including high school, college, vocational schools, etc.

EMPLOYMENT HISTORY

List your current employment, career and a brief outline of your employment history:

SOCIAL SKILLS

List clubs, organizations, and communities you are involved in:
What do you do for self care, relaxation and pleasure?