

Client's Self Assessment Form

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One of the ways we can understand the progress you make in therapy is to monitor changes along the way. Your thoughts prior to beginning psychotherapy can be a good marker for comparison later on. Please take a moment to answer the questions below. Your answers can be brief and still useful for this purpose.

- 1. Briefly, please describe why you have decided to seek therapy now. Don't forget to consider both positive as well as problem related reasons.**

- 2. What would you consider signs of progress?**

- 3. What conditions of feeling, thinking, and/or physical symptoms are you currently experiencing that worry you? These may include, for example, uncomfortable or bothersome feelings, intrusive or worrisome thoughts, and/or problems with pain, autoimmune problems, etc.**

- 4. What are your strengths? How do you think these can be used to help us with our work together?**