

For us make the most of our session together it is useful to have some information about you and what you are hoping the session can help you with. Please answer the following questions and bring it with you to your session.

1. (main concern): _____
2. _____
3. _____

0 1 2 3 4 5 6 7 8 9 10
(not at all) (its unbearable)

0 1 2 3 4 5 6 7 8 9 10
(not at all) (all the time)

0 1 2 3 4 5 6 7 8 9 10
(not at all) (the most possible)

What else is going on that makes these problems difficult to fix? _____

What have you already tried to make the problems better? What has helped? _____

What made you decide to access help at this time? _____

If the counselling session is successful, what do you think will be different? What will you be doing differently? _____
