

In case of emergency, whom may I contact?

Name:

Phone:

Relationship:

Employment

Do you currently have a job? Yes No Number of hours worked per week:

What is your job title?

How long have you been employed?

How is your performance at work?

Are you currently involved in any legal matters that could require me to provide records or testimony to a judicial authority?

Yes No if yes, please explain:

Medical/Physical Health

List any current health concerns:

List any medications you are currently taking:

Please check if there have been any recent changes in the following:

_____ Sleep patterns

_____ Eating patterns

_____ Appetite

_____ Behavior

_____ Energy level

_____ Physical activity level

_____ General disposition _____ Weight

_____ Nervousness/tension

Describe changes in areas in which you checked above:

What is your physician(s) name(s) and contact information:

Do you have a disability? Yes _____ No _____ Type of disability: _____

Psychotherapy/Prior Treatment History

Please describe any previous psychotherapy/treatment, including dates and treatment provider names:

Has anyone in your family ever been involved in psychotherapy, or hospitalized for emotional problems? Specify the nature of the problem, frequency, and approximate dates.

Why are you seeking psychotherapy services at this time?

How long has this been a problem?

What have you been doing to solve this problem on your own?

What are your goals for therapy?

Referral Source

Facebook.com PsychologyToday.com: _____ Goodtherapy.org: _____ Google.com _____

Other Internet (list if known): _____ Person: _____

AAQ

Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following scale to make your choice.

- 1 = Never True**
- 2 = Very Seldom True**
- 3 = Seldom True**
- 4 = Sometimes True**
- 5 = Frequently True**
- 6 = Almost Always True**
- 7 = Always True**

- ___ 1. I am able to take action on a problem even if I am uncertain what is the right thing to do.
- ___ 2. A person who is really "together" should not struggle with things the way I do.
- ___ 3. When I feel depressed or anxious, I am unable to take care of my responsibilities.
- ___ 4. I try to suppress thoughts and feelings that I don't like by just not thinking about them.
- ___ 5. There are not many activities that I stop doing when I am feeling depressed or anxious.
- ___ 6. It's OK to feel depressed or anxious.
- ___ 7. It's unnecessary for me to learn to control my feelings in order to handle my life well.
- ___ 8. I rarely worry about getting my anxieties, worries, and feelings under control.
- ___ 9. In order for me to do something important, I have to have all my doubts worked out.
- ___ 10. I'm not afraid of my feelings.
- ___ 11. When I compare myself to other people, it seems that most of them are handling their lives better than I do.
- ___ 12. I try hard to avoid feeling depressed or anxious.
- ___ 13. Anxiety is bad.
- ___ 14. Despite doubts, I feel as though I can set a course in my life and then stick to it.
- ___ 15. If I could magically remove all the painful experiences I've had in my life, I would do so.
- ___ 16. I am in control of my life.

SQP DIRECTIONS:

Consider how the following beliefs have an impact on your life. After reading each definition, write the number (0-4) that best describes how much each belief describes you.

- 0 = **Almost never describes me**
 1 = **Occasionally describes me**
 2 = **Sometimes describes me**
 3 = **Usually describes me**
 4 = **Almost always describes me**

_____ 1) I feel I often deserve punishment or harsh criticism. I tend to be excessively critical or punitive of myself when I make mistakes.

_____ 2) I realize that, as a human being, I am going to make mistakes. I can accept responsibilities for my mistakes, and I can apologize comfortably to others. Although I may choose to try to change, I do not make myself feel overly guilty.

_____ 3) I feel I have to be right. It is hard for me to admit I am wrong or that I have made a mistake. It is hard for me to say I am sorry.

_____ 4) I feel I am in some way outwardly undesirable to others, either because I am unattractive, poor in social skills, boring, or have other flaws that are visible to people.

_____ 5) I am comfortable with my looks, social skills, and other visible characteristics.

_____ 6) I believe I am highly desirable to others in terms of looks, social skills, or other visible characteristics.

_____ 7) I feel I do not deserve attention, concern, or consideration from others or deserve to have any needs met. If, on occasion, I believe I deserve it, I still do not expect that my needs will be met. I feel there is something about me or my background that is defective or inferior.

_____ 8) I feel I am worthy of having my needs met but not at unnecessary expense to other people. I feel I am as good as anyone else.

_____ 9) I feel I should have whatever I want. Sometimes I don't think about whether my wants are reasonable or what they would cost others. Sometimes others think I walk over them. Nothing less than the best is good enough for me. I feel there is something about me or my background that is superior to others.

_____ 10) I feel I have failed or am inadequate compared with my peers in areas of achievement such as school, career, sports, or other activities. I often believe I do not have the intelligence, or abilities to succeed.

- 0 = Almost never describes me**
1 = Occasionally describes me
2 = Sometimes describes me
3 = Usually describes me
4 = Almost always describes me

_____ 11) I am adequate and feel good about myself regardless of my accomplishments.

_____ 12) I tend to pursue high standards and expectations relentlessly in the area of achievement, recognition, status, money, or any activity in which I am involved. This pursuit is often at the expense of happiness, health, pleasure, and relationships.

_____ 13) I tend to give in to others' preferences and decisions. I try to avoid conflict whenever I can.

_____ 14) My decisions and preferences are important, and I will express them readily. It is also important for me to listen to the decisions and preferences of others. I will work out compromises whenever possible. I will not let others walk over me and won't take advantage of them.

_____ 15) I like to be in control. I am often critical of other people's decisions and preferences and can discount them easily. Basically, I like to have my own way.

_____ 16) I often feel incapable of handling everyday decisions and responsibilities. I usually seek help from others.

_____ 17) I believe I am capable of handling most everyday decisions and responsibilities. However, when I do need help, I don't hesitate to ask for it.

_____ 18) I believe I can handle almost anything. It is hard for me to ask for help. Sometimes I will even refuse appropriate and essential assistance.

_____ 19) I often feel I can do little to change things. Frequently, I feel overwhelmed by life's events and powerless to do much about them.

_____ 20) I believe there are many outcomes I can influence to one degree or another. At times, there are things I can't change, and I can accept that.

_____ 21) I believe I can make almost any situation come out the way I want it to.

_____ 22) I often worry about terrible things happening to me or to those close to me.

- 0 = Almost never describes me**
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_____ 23) I recognize that harm and illness will occur at various points in my life, and I take reasonable precautions to prevent them. I also believe that when these things happen, I can bounce back.

_____ 24) I believe I am virtually immune to harm or illness. I don't worry about what I eat, exercise, or about personal safety. What other people think of as high-risk (hand gliding, parachuting, etc.), I find exhilarating.

_____ 25) I focus very much on meeting the needs of others, even at the expense of my own needs and preferences. I might, at times, resent those in my care. I am far more likely to take the perspective of other people than to consider my own. When others are upset, I think it is up to me to do something about it.

_____ 26) I take responsibility for meeting my own needs. However, I am considerate of the needs of others. I can empathize and care about others without necessarily taking responsibility for or taking care of them.

_____ 27) I believe my own perspective is sufficient for understanding. I don't worry a lot about how other people look at things. People can take care of themselves. I don't have to worry about their needs.

_____ 28) I worry a lot about losing a person or persons close to me. I am afraid they will leave or be taken away from me through death or other circumstances. I need a great deal of emotional reassurance to feel secure. Reassurance never seems to last. I sometimes test the emotional commitment of others in ways that are not necessarily constructive. I am very sensitive to rejection.

_____ 29) I enjoy and feel comfortable getting emotionally close to some people. I realize it would be very painful to lose those people, but I don't spend a lot of time worrying about that possibility, because I know I could cope.

_____ 30) I don't feel the need to become emotionally involved. I generally keep people at a distance.

_____ 31) I don't have a strong sense of who I am. I define myself in terms of the people who are close to me (that is, my partner or my children). I tend to adopt their beliefs, attitudes, and identities. When I have no one else close to me, I often feel empty.

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_____ 32) I have a clear sense of who I am. I am aware of my purpose, attitudes, beliefs, and values. However, I don't expect those close to me always to agree with my beliefs. People who love me are free to disagree with me within reasonable limits.

_____ 33) I know who I am. I have such a strong sense of identity and purpose that others often adopt my beliefs, attitudes, and values. Those close to me generally look up to me, sometimes to the point of adoration.

_____ 34) I do not trust other people's motives. I often believe that other people intentionally hurt, abuse, cheat, lie, manipulate, or take unfair advantage of me.

_____ 35) I generally trust people, unless they give me a reason not to. However, I do show reasonable caution, which has prevented me from being taken advantage of very often.

_____ 36) I believe most everyone can be trusted. I don't believe there is a need to question other people's motives. Sometimes I don't even take reasonable precautions to protect myself in relationships.