

lineup _____ Satisfactory to you? _____
COUNSELING HISTORY For What? By Whom? Dates

- 1.
- 2.

HEALTH: Current state? Good ___ O.K. ___ Bad ___ Illness? _____

MEDICATIONS:	For What?	Doctor
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Other Drugs? _____ MJ? _____ How Much/Often? _____

Alcohol? Y ___ N ___ How much/often?
Coffee? Y ___ N ___ How much/often?
Sleep well? Y ___ N ___ Take medication to sleep? What? How Much/often?
EXERCISE? Y ___ N ___ How much/often?
Fast Food? Y ___ N ___ Daily?
Sugar? Y ___ N ___ How much/often? What form?
Smoke: Y ___ N ___ How much/often?
Eating Too Much? Y ___ N ___
Gamble? Y ___ N ___ How much/often?
Meditate/pray? Y ___ N ___ Religious? ___ Spiritual? ___ Agnostic? ___ Spiritual but not-religious? ___
Pets? Y ___ N ___ How many? ___ What?

EXTENDED FAMILY HISTORY: Is there a family history of addictions? If so, who and what addiction? (use back of page if needed with all following questions)

Is there a family history of psychological illness? If so, who and what?

Is there a family history of abuse (emotional, mental, physical, sexual) present in your family? Who and what kind of abuse?

SOCIAL/PERSONAL HISTORY (Use back of page if needed) (Important!!!)

What are your personal interests/clubs/hobbies? What do you enjoy doing?

Who do you turn to for support?

What do you consider to be your strengths?

What do you consider to be your weaknesses?

What is your presenting problem for counseling? What triggered this event?

What have you done before to try to resolve your issues? What has or hasn't worked?

What *specifically* do you want to achieve or to happen from counseling? How would your life look different tomorrow if these issues were resolved? Your Goals?

Do you realize that counseling is rather a coaching event and *your participation* is totally required? Betty Deere listens and watches you play and assists you recognize your unhelpful/damaging behaviors. You are responsible for working the answers and information she shares from her training/experience; she doesn't change the client. The healthy changes come from within the client(s).

How do you see yourself participating in that type counseling to achieve your goals?

Name _____

Date _____