SELF-DESCRIPTION

Please complete the following sentences by writing down **your first thoughts**.

I am a person who _____

_____

It is hard for me to admit _____

_____

One of the things I cannot forgive is _____

_____

One of the things I feel guilty about is _____

_____

One of the things I am angry about is _____

_____

I was happiest when _____

_____

I am afraid _____

_____

Most women are _____

_____

Most men are _____

_____

What meant most to me was _____

_____

I cannot understand what makes me _____

_____

When I think back, I am ashamed that I _____

_____

I cannot control myself when _____

_____

I failed when _____

_____

I feel like smashing things when _____

_____

I feel close to people who _____

_____

My personality would be much better if _____

_____

It makes me nervous to _____

_____

My greatest ambition is _____

_____

I despise _____

_____

I feel that sex is _____

_____

When I think of marriage, I _____

_____

Growing up in my home was _____

_____

Other people see me as being _____

_____

I wish _____

_____

The most important thing in my life is _____

_____

Trust is _____

_____

My mother is/was _____

_____

My friends _____

_____

The relationship that bothers me the most is _____

_____

When others hear I am in counseling/treatment, they will think _____

_____

My father is/was _____

_____

I see myself as being _____

_____

I feel alcohol/drugs are _____

_____

Using alcohol/drugs makes me fell _____

_____

List five (5) of your fears:
    1.
    2.
    3.
    4.
    5.

List five (5) things about yourself that you would like to change:
    1.
    2.
    3.
    4.
    5.

List five (5) of the worst events that have occurred in your life:
    1.
    2.
    3.
    4.
    5.

List three (3) feelings you would like to decrease:
    1.
    2.
    3.

List three (3) feelings you would like to increase:
    1.
    2.
    3.

List five (5) of your most positive qualities:

     1.
     2.
     3.
     4.
     5.

List five (5) of your greatest achievements:

     1.
     2.
     3.
     4.
     5.

List five (5) things you hope to achieve through counseling or treatment:

     1.
     2.
     3.
     4.
     5.

Describe any relationship with another person that gives you:

Joy _____

_____

_____

_____

Grief _____

_____

_____

_____

Please describe your belief and understanding of God: _____

_____

_____

What personal characteristics do you feel a person should possess: _____

_____

_____

_____

_____

How would you want a counselor to interact with you _____

_____

_____

_____

Please describe what you feel counseling/treatment is all about _____

_____

_____

_____

_____

Circle any of the following words that apply to you

A nobody	I cannot do Anything right	Sexual Problems	Sexually abused
Afraid to speak out	I cannot make decisions	Sexually abusive To others	Shy
Agitated	I feel I was abandoned	Sorrow	Spacey
Alcohol, drug problems	I want to kill	Stressed	Stupid
Angry	Impulsive/lack control	Suicidal thoughts	Cannot concentrate
Anxious	Inadequate	Timid	Tired
Bored	Incest victim	Too old	Too short
Bad home life	Incompetent	Too tall	Too young
Tense	Inferior	Ugly	Unable to relax
Compulsive	Lonely	Unattractive	Underweight
Cowardly	Memory problems	Unloved	Useless
Deformed	Mistrustful	Verbally abused	Verbally abusive
Depressed	Misunderstood	Withdrawn	Worthless
Dizzy	Morally wrong	Guilty	Sad
Eating problems	My life is empty	Grieving	Panicky
Evil	Nervous	Physical fights	Physically abused
Excessive sweating	Nightmares	Cannot make decisions	Raped
Fainting spells	No confidence	Hear voices	Rejected
Financial problems	Gambling problems	Horrible thoughts	Relationship problems
Full of hate	Not assertive	Hostile	Repulsive
Not confident	Overweight	Hyperactive	Restless
Always feel down	Approval Needs	Anti-Social	Blaming
Cheating	Compliant	Controlling	Cultural differences
Defensive	Denial	Dependent	Depression
Dishonest	Egocentric/Self-Centered	Family	Fatalistic Attitude
Fears	Frustration	Goals/Values	Honesty
Hopelessness	Humor	Immature	Impatient
Indifferent	Insight (lack of)	Intellectualizes	Intellectual Impairment
Legal	Loyalty	Manipulative	Marital/Family
Medical	Minimizes	Physical pain	Psychiatric Complications
Resentments	Self Concept	Selfish	Self Pity
Shame	Share (unwilling to)	Socialization Needs	Trusting