

# A Simple Inventory of How I Feel

- I am here because: [  ] I just need to solve this problem  
[  ] I do not feel well emotionally  
[  ] I feel depressed  
[  ] I had or have thoughts of hurting myself  
[  ] I am confused and not sure what is my problem

1. What incident(s) led you to come to therapy?

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2. Are you completely satisfied the way in which your life is going? *Explain*

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3. Who would say is to blame for the problem(s) you are experiencing?

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4. Do you feel that your childhood experience have impacted you current emotional health? *Explain*

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5. Are you overwhelmed with life situations? *Explain.*

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6. Do you feel that there can be positive changes in your life to affect a brighter future for you?

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