

Client's name: _____ Date: _____

When I am happy I...

You can tell when I'm angry because I...

When I'm sad I...

I get bummed out when...

I worry most about...

I get embarrassed when...

Counseling might be able to help me with...

I don't like when my parent(s)...

The part of my life I'd like to change is...

I like school when...

I get tired because...

I have trouble sleeping when...

People can tell when I'm upset because I...

I get nervous about...

If I could change anything in the world it would be...

When I grow up, I want to...

I hate school when...

I wish people understood that I...

I feel closest to...

My view of God is...
