
Self-Assessment

Research shows that setting goals is important for changing our behaviors. We'd like you to take a few minutes to answer a few questions and then set your 3-month behavioral health goals.

- ① What situations or stressors have been impacting you lately? Historically? How long have they been affecting you?

- ② What stressors lead to self-defeating behaviors, e.g., procrastinating, excessive drinking, overeating? What are those behaviors?

- ③ What historical events/memories are relevant to understanding your personality?

- ④ With whom have/do you have healthy or unhealthy connections?

- ⑤ What has helped you to cope with stressors or emotional distress in the past?

Contact Info

Self-Assessment

6 What thoughts & emotions do you have often?

7 How do you think others perceive you?

8 What thoughts and emotions are you comfortable experiencing? Expressing?

9 What thoughts and emotions aren't you comfortable experiencing? Expressing?

10 What do you do well? Need to learn? Think you should eliminate?

11 Do excessively? Do infrequently?

Contact Info