

LifePointe Counseling Questionnaire

The purpose of this questionnaire is to obtain information about you which will assist in the counseling process. The more thoroughly you complete it, the more helpful it will be. It is recommended that you work on it in stages. Please return within three weeks of your first therapy session.

1. GENERAL INFO

DATE COMPLETED _____

DATE RETURNED _____

Name _____

Age _____ D.O.B. _____ Marital Status _____

If married, is this your first marriage? _____

Who referred you?: _____

Do you have a religious/denomination preference?

What sort of work are you currently doing? _____

Is your work satisfactory? _____

Are you where you thought you would be at this time in your career? _____

2. PERSONAL INFO

Circle any of the following which applied to you as a child.

Night Terrors Bedwetting Sleepwalking Thumb sucking

Unhappy Nail Biting Sad for no reason Happy

Fears Twisting hair Stuttering

Circle any of the following which currently apply to you:

Headaches Fainting Spells Palpitations

Dizziness Fatigue No Appetite

Insomnia Panicky Alcohol Abuse

Nightmares Suicidal Thoughts Sexual Issues

Circle any of the following which currently apply to how you feel:

Worthless Useless Empty Inadequate Stupid

Guilty Hatred Agitated Confused Scared

Restless Bored Anger Anxious Depressed

Others: _____

What are your top 5 fears (Excluding spiders, snakes, heights; etc).

1. _____

4. _____

2. _____

5. _____

3. _____

Any Major Health Issues in the Past or Currently.

Do you smoke or use tobacco? If yes, briefly tell for how long.

Do you drink alcohol? How much and how often? Is there any alcoholism in your family?

3. FAMILY INFO

Are both your parents still living and currently married? If married, how would you describe their marriage?

List the names of any brothers/sisters, their ages, and how well you currently get along with them. Include where you are in the birth order and any significance you feel the birth order has.

Describe your father's personality and his attitude toward you in the past and present.

Describe your mother's personality and her attitude toward you in the past and present.

In what ways were you disciplined or punished as a child?

Briefly describe the overall atmosphere of the home you grew up in.

How would you describe your grade school years including any significant events?

How would you describe your middle school/junior high years including any significant events?

How would you describe your high school years including any significant events?

If applicable, how would you describe your college/graduate school years including any significant events?

Has a stepparent ever been involved in your life? Describe this relationship.

If you have children, please list by name and age.

Do any of your children have special needs, unique problems or concerns?

How do you generally get along with your children?

4. SEXUAL INFO

Did your parents explain anything to you about sex?

If your parents didn't explain sex, how did you discover your first knowledge of sex?

Is your present sex life satisfactory? _____

Provide any other important information regarding your sexual experiences which may be helpful.

5. SELF DESCRIPTION. Write down the first thing that comes to mind or spend as much time as you like on each of them. In fact, you may have more than one answer. Also, respond to these, not as how you think things “should” be, but actually how they really are. Apply the same logic that author C.S. Lewis gave about our relationship with God: “We don’t bring to God what should be in us, but we bring to Him what is in us.” (Paraphrase) You are simply being asked to respond with what is in you.....not what should be.

I am a person who _____

All my life I have felt _____

Something I know I have never gotten over from my childhood is _____

Growing up, I was afraid to _____

One thing I am proud of is _____

It’s hard for me to admit _____

One of the things I am finding very hard to forgive is _____

I still feel guilty about _____

One of the ways people hurt me is by _____

I feel loved when _____

Mom seemed to always be _____

What I always wanted from mom and didn’t get was _____

Dad seemed to always be _____

What I always wanted from dad and didn’t get was _____

The thing I like/d best about mom is/was _____

The thing I like/d best about dad is/was _____

I wish my mom knew that I _____

I wish my dad knew that I _____

I wish others understood that I _____

I have a very hard time being _____

Compliments are _____

My trust gets tested when _____

Feelings are _____

I am still angry about _____

The worst thing about anger is _____

When I feel angry, I worry most about _____

I believe childhood experiences _____

I am most embarrassed about _____

The word which would best describe how I feel about myself is _____

If I ever felt abused as a child, it was when _____

The hardest day of my life was _____

My biggest disappointment in life has been _____

One day I would like to _____

One of the ways I could help myself is by _____

I want to get over _____

If only _____

The most important day of my life was _____

One mistake I would love to erase from my memory is _____

My most embarrassing moment was _____

I cannot stand _____

The best experience I have ever had is _____

The worst experience I have ever had is _____

God seems to be _____

I am angry at God because. _____

I don't feel loved by God when _____

If God would intervene in my life right now, He would _____

One prayer which has never been answered is _____

I felt betrayed by God when _____

God's love is _____

My spiritual life seems _____

My spiritual gift/s is/are _____

The character I most relate to in the Bible is _____

When I read the Bible, I usually find _____

God has never _____

Something about my behavior I would like to change is _____

My feelings are hurt especially when _____

The feeling I would like to change the most is _____

The relationship that makes me happy is _____

The relationship that makes me sad is _____

The relationship that makes me feel hate is _____

A very pleasant image or fantasy of mine is _____

A very unpleasant image or fantasy of mine is _____

When things don't go my way I tend to _____

My biggest regret is _____

If I had it to do all over again, I would _____

My biggest current stress is _____

The thing that happens more than I would like is _____

People show me they care when they _____

Life seems most unfair when _____

I feel calm and relaxed when _____

The person who has influenced my life the most is _____

I could shock you by _____

It's hard for me to trust people because _____

My emotional wall goes up when _____

It's hard for me to feel because _____

Rejection is hardest when _____

When others are upset with me I _____

I worry most about _____

It's hard for me to show compassion because _____

Others would describe me as _____

One thing I have always wanted to do is _____

I very rarely feel _____

The thing that makes me most jealous is _____

I spend most of my free time _____

I feel most misunderstood when _____

I become suspicious when _____

My emotional needs _____

I usually cry when _____

When others cry I _____

Relationships tend to _____

I am unwilling to _____

The thought I have too frequently is _____

My most troubling thought is _____

I struggle most with _____

I never dreamed I would _____

The thing I miss the most is _____

My biggest obstacle to overcome my problems is _____

When I think of being more vulnerable _____

If someone knew my deepest thought or feeling _____

Sometimes my dreams _____

When I have sexual thoughts I _____

I would be totally honest if _____

The biggest criticism I have of myself is _____

The best compliment I have ever received is _____

Something I pretend doesn't bother me is _____

Coming to counseling makes me feel _____

The thing my counselor needs to know about me is _____

My greatest concern of being in counseling is _____

To share my deepest secret, I would have to _____

I feel nobody really cares about _____

I feel most stuck in my life in _____

What I have always wanted in life is _____

RESPOND TO THE FOLLOWING IF APPLICABLE. (Marriage/spouse can be substituted by relationship/significant other). There are items concerning divorce as well. Keep in mind to not say what you think you should say, but what really is going on inside.

My marriage seems to be _____

Divorce is _____

I would divorce if _____

I don't think my spouse understands _____,

My ex doesn't understand _____

I thought by now my spouse and I would _____

What bothers me most about divorce is _____

The thing that bothers me the most about my spouse is _____

The thing my spouse says bothers them the most about me is _____

I never thought my spouse would _____

Being divorced makes me feel _____

Our kids are _____

The biggest interference in my relationship with my spouse is _____

The biggest change in my spouse since we got married has been _____

My spouse gets easily defensive when _____

My spouse's family _____

Our sex life seems to _____

My biggest struggle with sex is _____

Because I am divorced, I avoid _____

Physical touch _____

What my spouse no longer likes about me is _____

My spouse and I have opposite views on _____

Divorce is _____

The thing that has kept my spouse and I together is _____

Money _____

When there is a disagreement my spouse _____

My spouse and I never talk about _____

I don't think my spouse _____

To me, money is _____

To my spouse, money is _____

I feel most controlled by my spouse when _____

The thing my spouse does/says that reminds me of my dad is _____

The thing my spouse does/says that reminds me of my mom is _____

My spouse's most unrealistic expectation is _____

The thing my about my ex-spouse that bothers me is _____

My spouse would say that most of our struggles are _____

The reason we divorced is _____

When it comes to conflict, I tend to _____

If I express an opinion to my spouse _____

If I tell my spouse how I feel, I am met with _____

If I could read my spouse's mind _____

One thing I wish my spouse did more often is _____

My spouse's interest in me is _____

My in-laws are _____

Attending family functions usually _____

Gary Chapman wrote a book called "The Five Love Languages." Listed below are the 5 Languages from that book. Rank them in order of their importance to you:

Quality Time _____

Words of Affirmation _____

Gifts _____

Acts of Service _____

Physical Touch _____

7. TRUE/FALSE (Some may not be applicable)

	True	False
There are some things I will never get over.	_____	_____

God expects too much of me.	_____	_____
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The best approach is to avoid all conflict.	_____	_____
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Life should be easy.	_____	_____
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God doesn't love me when I sin.	_____	_____
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My feelings and thoughts don't matter.	_____	_____
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I should be exempt of struggles because of _____

my faith in God.	_____	_____
I have to earn God's love.	_____	_____
My needs are important.	_____	_____
Feelings can be trusted.	_____	_____
Crying is acceptable to me.	_____	_____
Anger is a bad emotion.	_____	_____
I frequently feel unworthy.	_____	_____
Feeling anxious means I have a weak faith.	_____	_____
It's important for everyone to like me.	_____	_____
I really want to change how I feel.	_____	_____
I worry about feeling empty so frequently.	_____	_____
Medication can be helpful in therapy.	_____	_____
Perfect peace is within reach in my life.	_____	_____
I often feel like a failure.	_____	_____
My childhood seemed really bad.	_____	_____
I have a difficult time being open.	_____	_____
My prayers are usually answered.	_____	_____
I have few memories of childhood.	_____	_____
Bad things often happen to me.	_____	_____
I tend to blow things out of proportion.	_____	_____
Bad things usually happen when I stand up for myself.	_____	_____
I enjoy getting to know people.	_____	_____
I tend to be judgmental of others.	_____	_____
I am an organized person.	_____	_____
Setting goals is important to me.	_____	_____
I like being on time for all appointments.	_____	_____

- I need the love and approval of everyone. _____ _____
- Feeling something makes it true. _____ _____
- Emotional pain is good. _____ _____
- I often feel taken advantage of. _____ _____
- I often feel pressure to succeed. _____ _____
- Being misunderstood is common for me. _____ _____
- I don't feel close to anyone. _____ _____
- I am good at keeping secrets. _____ _____
- I like others to look up to me. _____ _____
- I would have a hard time making it alone. _____ _____
- I tend to make and keep friends. _____ _____
- I strive to be perfect. _____ _____
- My spiritual life is growing. _____ _____
- I often say opposite of what I feel/think. _____ _____
- My moods often tend to easily change. _____ _____
- The slightest offenses really hurt me. _____ _____
- My problems overwhelm me at times. _____ _____
- I often struggle with sexual thoughts. _____ _____
- My mom was consistently loving. _____ _____
- My dad was consistently loving. _____ _____

8. THERAPIST/THERAPY

What personal characteristics do you believe your therapist must possess?

How do you think your therapist should interact with you?

List the top three goals you have for entering into a counseling relationship.

How long do you think your counseling will last and why?

How do you hope this counseling experience differs from any previous counseling?

Describe how you think an ideal counseling session should go.
