



Name: _____

Date: _____

- 1. Presenting Concern & Goals.** What concerns or problems would you like to address in counseling? What changes would you like to make in your life? What are your most important goals?

- 2. Thoughts.** How is your thinking related to your presenting concern? Are there specific thoughts or beliefs that are bothering you? Are there positive thoughts that help you cope?

- 3. Actions.** How is your presenting concern impacted by your actions? Are there specific behaviors that you would like to increase or decrease? Are there positive actions that are helping you adjust?

- 4. Feelings.** What feelings are you experiencing related to your presenting concern? Are you feeling uncomfortable emotions like sadness, fear, anger, or shame? Are there positive growth experiences that are helping you adapt?

- 5. Biology.** Are you experiencing any physical symptoms? Are there medical conditions impacting you? Are you taking medication? Are you using alcohol, marijuana, or other drugs? Are there positive health practices (like exercise or meditation) that help you cope?

- 6. Interpersonal Patterns.** How are your concerns related to current interpersonal relationships? Are you experiencing patterns that have occurred in past relationships? Are there interpersonal relationships that provide support in times of stress?
- 7. Social Systems.** How are your concerns related to social systems like your family, friends, or work group? Are there family patterns that influence what is going on now? Do you receive emotional support from any of your family members?
- 8. Cultural Contexts.** How does your cultural background or values impact your concerns (this may relate to race, ethnicity, gender, sexual orientation, religion, age, social class, and so forth)? Are your concerns related to negative cultural encounters (like prejudice, discrimination, harassment, cultural adjustment, or being closeted/ coming out)?
- 9. Focal Dimensions.** Please identify two or three dimensions that seem most closely related to your presenting concern and may form a useful focus for counseling.

	Thoughts	Actions	Feelings
Biology	Interpersonal Patterns	Social Systems	Cultural Contexts